

Upcoming

Awareness

Campaigns 2026

January

[Alzheimer's Awareness](#)

[Month / Firefighters](#)

[Cancer Awareness](#)

[Month](#)

- *National Ribbon Skirt Day (Jan 4th)*
- *Blue Monday (Jan 19th)*

February

[LGBT History Month /](#)

[Black History Month](#)

- *Eating Disorders Awareness Week (Feb 1st–7th)*
- *World Cancer Day (Feb 4th)*
- *Mental Health Nurses Day (Feb 21st)*
- *Pink Shirt Day (Feb 25th)*

March

[Brain Injury Awareness](#)

[Month / Nutrition](#)

[Month](#)

- *International Women's Day (March 8th)*
- *National Day of Observance for COVID-19 (March 11th)*
- *National Indigenous Languages Day (March 31st)*

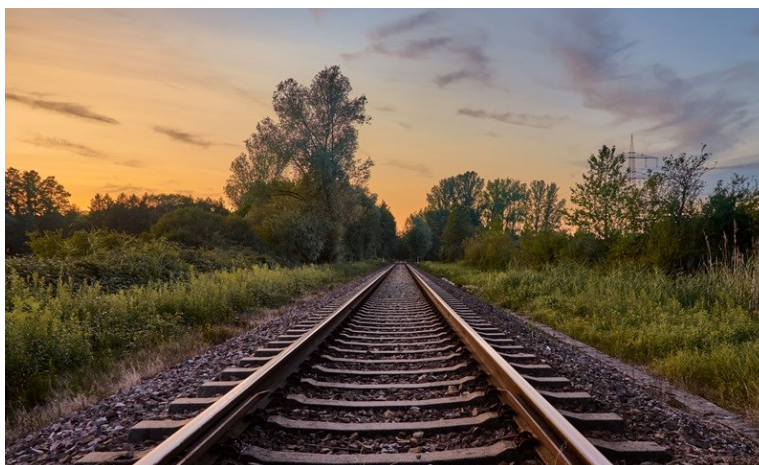
"When something doesn't work, don't change your mind, but change your methods. There is always a better way to do it. Find it." – Thomas Edison

"You do what you can for as long as you can, and when you finally can't, you do the next best thing. You back up, but you don't give up." – Chuck Yeager

Staying on Track With Your Goals

A new year often feels like a clean slate; a fresh calendar, the holidays are in the rearview mirror, and new possibilities await. Along with this, some people feel pressure to make actionable changes in their lives under the guise of new year's resolutions. You know, those goals people make that begin on the first of January and typically fizzle out by the time that first calendar page switches to February. This can be cyclical; every year goals are made and then abandoned without any real change. Of course, it doesn't have to unfold like this. There are ways to be intentional with how you wish to make change in your life, making those goals stick around for a lot longer than a month or two.

Think about goals you've made in the past. Maybe you wanted to eat healthier, or hit the gym, or be more assertive with your boundaries. Whatever goal you had in mind, there was likely a "honeymoon phase." You went all in and got that gym membership for the whole year, or meal



planned salads and lean protein for the month, or rehearsed those difficult conversations in the mirror over and over. Being all in can feel great, but it can also burn you out. For those of you who have done even a little bit of cognitive behavioural therapy, you know all or nothing thinking can be detrimental to success. I'll only eat chicken and salads from here on

out. I can't skip a day of the gym or else I'll be a failure. I'm going to be the greatest communicator the world has ever seen. This way of thinking allows for no flexibility, so when something sets you off track, feelings of guilt flood in and you write yourself off as a failure. At this point, goals are typically abandoned and forgotten. If you want to have your goals stick around longer than your leftover turkey, build in some wiggle room. Start slow and meal prep 3 days per week. Try that 7 day free trial to see if you even like the gym. Ease yourself into something new rather than jump into the water to see if you can swim; it is much easier to scale a goal up based on small achievements than it is to adjust after feeling like a failure.

It is already a couple of weeks into January as you are reading this, so step back and take stock of your goals that you may have set at the end of 2025. If you feel your energy or enthusiasm start to decrease, lower your goal to something more achievable. It feels better to build off of small accomplishments; that's how motivation can work to your advantage. Remember that your goals for the year should be *SMART: Specific, Measurable, Achievable, Relevant, and Timely*. Talking to a counsellor about how you want to approach and achieve your goals can really help, so contact Walmsley EFAP to get connected with a counsellor.

Robert Baker, RCC

**Want to
Access
EFAP?**

Contact Us:



1.800.481.5511



info@walmsley.ca



www.walmsley.ca



walmsley.ca/contact-us.html

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Spicy Peanut Soup

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, diced
- 5 cloves garlic, minced
- 1 tablespoon fresh grated ginger
- 1 medium sweet potato, peeled and diced
- 2 teaspoons ground cumin
- 1/2 teaspoon red chili flakes
- 6 ounces tomato paste
- 6 cups vegetable broth
- 3/4 cup creamy natural peanut butter
- 15 ounce can chickpeas, drained and rinsed
- 5 cups kale, stems removed and chopped
- 1/2-1 teaspoon salt, to taste

Optional : Serve over brown or white rice, top with chopped cilantro, chopped peanuts, and some additional red chili flakes or hot sauce

Instructions:

1. Heat the olive oil in a large pot over medium heat. Add the diced onion and sauté for 3-4 minutes, until translucent. Now add the garlic and ginger, and cook for 1 more minute, until fragrant. Add the diced sweet potato and cook for 2 more minutes, stirring constantly.
2. Add the cumin, chili flakes, tomato paste, broth, peanut butter and chickpeas to the pot. Stir very well, until the tomato paste and peanut butter have mostly dissolved into the broth. Cover the pot and bring to a boil, then lower heat to a simmer and cook for 10-15 minutes, until the sweet potatoes have softened.
3. Once the sweet potatoes have softened, use a large wooden spoon to mash some of the sweet potatoes against the side of the pot, which will help thicken the soup.
4. Add the chopped kale, stir and cover the pot. Simmer for another 5-10 minutes, until the kale is tender. Taste; add more salt if needed or extra chili flakes for more spice.
5. Serve immediately with a scoop of rice, chopped cilantro, peanuts, hot sauce or more chili flakes, if desired. Enjoy!

Leftovers will keep for up to 4 days in the refrigerator or it can be frozen for up to 3 months.

BE THE BEST VERSION OF YOU!

Intentions Worth Mentioning

Here are some intentions that can improve your mental health as well as you start the new year:

- Schedule one mental health check in per month, no matter what. This can be with a therapist, or even a friend or family member.
- Put some time limits on social media.
- Once per month, declutter one area of your home.
- Try volunteering somewhere you feel your skills would be needed.
- Start a gratitude journal and write something each day that you feel grateful for, no matter how small it may seem.
- Start a financial savings goal: even putting away \$10 per week means your savings account will grow.
- Limit your to do lists to 3 items. Those endless lists cause more stress and anxiety, not less.
- Make part of your space really "yours." Somewhere to read, to write, play video games, whatever it is that you do, personalize it for you and feel comfortable in it.

"My ultimate goal is to become a retractable tape measure.

You don't understand the lengths I'd go to.

Knock knock. Who's there? Goal. Goal who? Goal and be awesome!