

# HAPPY NEW YEAR

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."  
— Edith Lovejoy Pierce

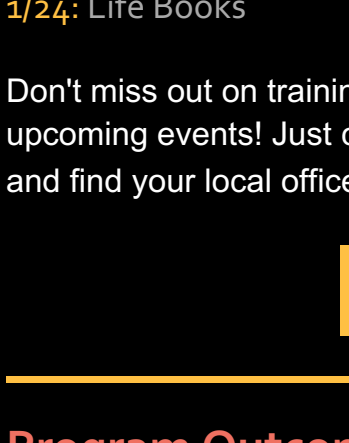
Happy New Year to you and your family! As the year begins we want to take a moment to reflect on the past year and be thankful for all of our loyal foster parents and staff. We wouldn't be here without you!

We strive to provide our communities with high quality foster care services that are unparalleled, and are excited to continue to serve our communities in the New Year.

Thank you for your continued dedication! We look forward to another great year with all of you!

[Visit our Website](#)

## Mark Your Calendar!



### Virtual Training

Our virtual training sessions are live webinars, and count toward your face-to-face hours for the year. We added all virtual training opportunities for the year to our website. [Click here](#) to easily find and sign up for the courses that are most convenient for you!

### January 2023

1/5: Trauma and the Brain

1/14: Sibling Rivalry among Foster Children

1/24: Life Books

Don't miss out on training opportunities or any of your office's upcoming events! Just click the link below to go to our website and find your local office!

[View Calendar](#)

## Program Outcomes



## Top 5 New Year's Resolutions for Teens - And tips on how to keep them!

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You know what is the best thing about the New Year? Setting New Year's resolutions, goals and intentions for yourself. You don't have to go big and change your whole life, but setting just a few, very manageable goals can help you have the best year yet.

### Making New Year's Resolution for Teens

When you're picking your goals for the year, be realistic. Make them measurable so you can easily track them. Break down the goal and figure out how you will achieve it. You have an ENTIRE year to accomplish it.

When I create a goal, I figure out if it's short term or long term goal and when it fits into my year. Not everything has to happen in January. This is just a good time to reflect.

Setting goals is an important skill for teenagers to learn. This allows you to think about what is important in yours lives and what you want to accomplish. It gives teens the ability to plan and figure out the steps that are needed to reach realistic goals.

Here is a list of some of the most common New Year's resolutions for teens:

#### 1. Love Yourself

I know this one can sound a little cliché, but it is the most important thing you can do. I remember someone once said to me, "Would you ever say this to your best friend?" I obviously answered with a big N-O. But that made me think - why treat myself poorly when in reality, I have to love myself before I can love anyone else.

Here are a few tips on how to love yourself more:

- Wake up every morning and say positive affirmations to yourself
- Focus on the positives in your life
- Put yourself first
- Treat yo self
- Accept (and love) your imperfections - NO one is perfect!
- Be confident about the body you have - You only have one and you ARE beautiful!

#### 2. Learn Something New

Have you been thinking about learning how to master a new thing? Maybe playing the guitar, taking pottery classes or snowboarding? Well, now is the time to shine!

You never know, this skill could help you in the long run and open up a new door in your future.

#### 3. Get Healthy

I think this is usually #1 on most people's list, but you don't have to be extreme about it. This could be split up into a few categories:

##### Exercise

Try not to make an unrealistic goal of working out every single day...especially if you don't exercise at all. Start with twice a week and work your way up. It's so important to move and stay active, especially while you're young so it sets you up for when you're older.

Find an exercise you really love. It can be anything! Basketball with your friends, snowboarding or a yoga class. The world is your oyster!

##### Nutrition

Making small changes to your diet can set you up for success! Teaching yourself about nutrition while you're a teenager will benefit you in the future. You don't have to label yourself - like vegan or keto. Keep it simple and have balance.

Simple changes can include drinking less pop, make healthier options to your favorite junk food - homemade chips, healthy cookies, etc.

#### 4. Be Present

And experience life!!!

We live in a time where we are always behind our phone screens. Getting out, being active and doing stuff is very important for a teen. Keep your imagination and mind open.

Spend time with your family and friends and experience life how it is meant to be!

#### 5. Get a Job and Make Your Own Money

Ok we might sound like your parents here, but have you ever bought something for yourself with your hard earned cash? Maybe you had a babysitting gig and you made \$20. Doesn't that feel amazing?!

Step one is getting a job, so start with finding the right industry you're interested in then create a resume. Then land the job and save that dough...oh and treat yo self just a little bit.

### Tips on How to Keep Your Resolutions

Like we said above, you don't have to change your whole life to be successful with your resolutions. Here are a few tips to keeping your resolutions:

#### Write them down

This is an easy and simple trick to keep yourself accountable. If something is just floating in your head, chances are, you will forget about it. You can easily use any kind of journal or a goal setting specific one.

Divide up your goals, like short-term and long-term. Short-term can be a few months, and long-term can be the year, for example. This can be less overwhelming when you start to list them out on paper!

#### Commit for at least a month

Start small! Work on one of your resolutions for just a month. It is said that it takes 21 days to break or make a habit. That's only 3 weeks! It'll be a walk in the park!

#### Be consistent

Consistency is key! Keep working at your goals little-by-little and you will get there. Some can be reached quickly, like starting your health journey, but others, like saving money to buy something, can take time.

#### Don't be hard on yourself

Don't beat yourself up if you didn't work on your resolution one day. Tomorrow is always a new day to start fresh!

## Referral Bonus Opportunity

Every month, our agency receives more referrals for children in foster care than we have beds to accommodate. With your help, we will be able to provide more of these children with a good home and a bed to rest their head. Please help spread the word and get your friends and family involved in our mission. Remember, if you are currently a foster parent with us and you successfully refer a new foster parent to our agency, you will receive a referral bonus. Please reach out to your regional office for more information!

## Employee of the Month

**Kentucky: Raven Mullen,**  
Regional Intake Coordinator,  
Owensboro Office (Also covers Bowling Green and Elizabethtown)

Raven has been with Benchmark since 2020 and quickly made herself an asset to the office. As a TSS, she was always willing to help with on-call situations or helping her fellow case managers when needed. Raven is eager to learn and has always been willing to do whatever it takes to get things done. Since moving to Regional Intake Coordinator for the Owensboro, Elizabethtown, and Bowling Green offices, Raven has worked diligently to build relationships with foster parents and place children. She goes above and beyond for her offices and we so appreciate everything she does!

**Indiana: Jazzalyn Williams,**  
Therapeutic Support Specialist,  
Mishawaka (South Bend) Office

Jazzalyn has been with the South Bend office as a TSS for 6 months. In that time, Jazzalyn has learned her role well and has proven to be an excellent team member. Jazzalyn is efficient with her paperwork and case management duties, works well with her co-workers, foster parents, and other team members, and has a positive attitude. Jazzalyn is always willing to help out and has even volunteered to do extra on-call weeks. Jazzalyn came to Benchmark with experience as a DCS FCM and as a foster parent. She brings a wealth of knowledge to the team and we are very appreciative of all she does.

