



# 2024

## Mental Health Matters

*A Monthly Newsletter from Atlantic Behavioral Health*

MENTAL HEALTH AWARENESS | January 2024

### *Time Is a Funny Thing*

When Willie Nelson sings “Funny How Time Slips Away” he reminds us of something we all have experienced;

*Sometimes time goes fast and other times it seems to just drag on!*

Think about a time when you are having a wonderful experience and suddenly you realize you lost track of the day and it is already 3:30 in the afternoon.

Now recall the other end of the spectrum of time when a difficult day at work feels like it will never end, and the clock is stuck at 3:30pm. The same amount of time can feel completely different depending on how we think about it.

Time is funny like that.

As we step into the New Year, we might be thinking “Where did that year go?” or “Thank goodness that year is over!” Whatever you think about the passing of the year and the year ahead, it is worth examining and may have some healthy impact on your mental health.

## Reflecting Is a Healthy Mental Health Habit

Human beings can self-reflect and this give us the chance to learn and grow. The end of one year and the beginning of a new year is a great time for some self-reflection.

*“The goal is not to judge your past choices, but to reflect on them, learn from them, and make whatever changes you feel are appropriate for you in the here and now. As you build new habits through self-awareness, you can become more balanced, healthy, and happy.”*

[What Is Self-Reflection and Why It Matters For Wellness | Psychology Today](#)

Research shows that even though 95% of people *think* they have self-awareness, only 10-15% of the population is actually self-aware.

[35 Self-Reflection Questions to Understand Yourself Better \(developgoodhabits.com\)](#)

## Do You Want to Take Some “Time” to Improve Your Self-Awareness?

- Start by answering some New Year’s questions: Do you want to celebrate the wins of last year? Do you need to learn from some mistakes? What are you hoping for in the new year ahead? Whatever the question is for you, the answers will help you make good use of your time.
- What are your values? Knowing your values helps point you in the right direction. It helps connect you to your purpose in life. Knowing your purpose is part of self-reflection, and helps improve self-awareness and is good for your mental health.
- Where do you want to go from here? Setting your destination is how you will increase your success. Do you want to improve your mental and physical health? Maybe you are looking for an adventure this year? Or perhaps this is a time for a new career challenge? Set your sights ahead and start making a plan.
- Ask yourself what you mean by success? This might change over time but having an idea in mind will help you head in the right direction.

## Now Make and Take Some “Time”

*Set aside an hour or so where you have some privacy and quiet. This might not be easy, but self-reflection simply needs time and space.*

- Take a breath. Take a few. When you finally stop to reflect, you might realize how fast you have been moving. Breathing slowly can help slow down time, lower stress levels, and give your mind some room to think and reflect.
- Have paper and pen ready to write some thoughts down. You might want to write down your accomplishments of the year, or the things that caused you some hurt and pain. It might feel uncomfortable, but this is how we heal and grow. Just take your time and be easy on yourself.
- After some reflection, notice if the way forward becomes clearer. This will help you set your sights on new goals, dreams, and growth opportunities.

This might be a good time to consult with a mentor, coach, or mental health provider. These resources can help you clear up the past and clear the way to a healthy future.

*It is funny how time slips away, and the way we use the time we are given has a direct impact on our mental health and well-being. As we turn away from last year and look to the future of 2024, may we reflect and look forward with kindness and goodwill toward ourselves and those around us.*



## CRISIS RESOURCES

**If you feel you or someone you know may harm themselves or someone else:**

- **988** Suicide and Crisis Lifeline: **988**
- The Trevor Lifeline for LGBTQIA + Youth : **1-866-488-7386**
- Veterans Crisis Line: **Dial 988 and Press 1**
- **Dial 211:** 211 provides callers with information about and referrals to social services for every day needs and in times of crisis

**For more information or to get help:**

- National Domestic Violence Hotline at **1-800-799-SAFE**
- National Sexual Assault Hotline at **1-800-656-HOPE**
- Rape, Abuse & Incest National Network (RAINN)  
24/7 Hotline **1-800-656-4673**

**Website:**

[Atlantichealth.org](http://Atlantichealth.org)

**The New Year Is Here!**



**The Possibilities Are Endless!**

**Atlantic Behavioral Health**

**ACCESS Center:**

**888-247-1400**

Atlantic Behavioral Health Crisis Intervention

Services **24/7 Hotlines:**

**Chilton Medical Center: 973 – 831 – 5078**

**Hackettstown Medical Center 908 – 454 – 5141**

**Morristown Medical Center: 973 – 540 – 0100**

**Overlook Medical Center: 908 – 522 – 3586**

**Newton Medical Center: 973 – 383 – 0973**

**Email: [Nomorewhispers@atlantichealth.org](mailto:Nomorewhispers@atlantichealth.org)**



**Atlantic Health System**  
Behavioral Health