



Peer Support Team Newsletter

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Peer Support Teams are available 24 hours a day, 7 days a week.

Serve - Protect - Support - Surpass

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It's a New Year: **A time for change?**

Even if you are not a “new year resolution” person, most of us begin with at least some idea of what we would like to see happen, accomplish, or change in the upcoming year. We say things like, “This year I will”...exercise more, become certified in SCUBA, take a college class, save more money...well, you get the idea. So, we start the new year with a degree of optimism and the best of intentions.

Did you make plans for change last year? Have you been successful in bringing them about? If yes, congratulations. Keep it going. If not, maybe you have found that initiating and maintaining change has been a bit more difficult than first imagined.

In the field of psychology there is one thing known for certain - people do not change easily. There are many thoughts about why this is so, but we need only to look within ourselves to understand that change can be difficult. If you wish to bring about a change in your life and your efforts have been less than successful, don't give up. Change is possible. It is only that for most of us, change is difficult. This makes it important to remember that the *difficult* is not the *impossible*. In order to bring about change, effort must be applied throughout the change process. Initial effort must be applied to achieve what is desired; secondary effort must be applied to maintain the result. It is effort for change and effort for consistency. It is the effort for consistency that many of us find most difficult. For example, nearly everyone can avoid that piece of cheesecake after one meal, but it's quite another matter to avoid high calorie desserts as part of a desired healthier life style.

Fortunately, there is a formula for change. It involves (1) accepting personal responsibility, (2) identifying what you want to change (be specific – for instance, “I want to stop yelling at the kids” is better than “I want to be a better parent,” (3) developing a plan for change (consider increments if appropriate - many desired changes can be implemented in stages), (4) implementing the plan, (5) evaluating for success, and (6) altering the plan and means of implementation if unsuccessful. With this 6-step formula, anyone can improve the odds of achieving and maintaining a desired goal, regardless of what it is.

When it comes to change, keep in mind that good intentions and plans, while necessary, are not sufficient for change. Like a blueprint for construction, even the best intentions and the most detailed of plans must be put into action before any results are seen. Another way of expressing this is *blueprints do not build a house*. Interesting idea.

Best wishes for a healthy, safe, and wonderful new year - JAD

Example Police Department Peer Support Team:

January, 2023

Contacting members of the Peer Support Team is easy – email, text, or call.

Names and contact information here....

(The names and contact information of agency-specific peer support team members are included in every agency-specific January Peer Support Team Newsletter.)

“The world is a dangerous place to live, not because of the people who are evil, but because of the people who don't do anything about it.” - Albert Einstein

On the Science Scene

The Andromeda Galaxy and the Milky Way Galaxy (where we live) are speeding toward one other on a collision course at over 240,000 miles per hour. Not much for us to worry about. It will take about 4.5 *billion* years for them to run into one another.



Contact PST Newsletter Editor Jack A. Digliani via www.jackdigliani.com.