



## New Year, new me?

Happy new year, you lovely lot! I hope you had an enjoyable Christmas and you're starting your new year with a bang - or with some positivity. I'm writing this from the past... ooh creepy. I'm basically the new Doctor in **Doctor Who**, so the question is, where's my *Tardis*?

Now, with the new year comes resolutions and very quickly another year older for me. My birthday is 17th January, so in January I tend to hit the refresh button. But is it worth it and are resolutions a waste of time?

Every New Year's Eve, as I'm getting ready to celebrate the year coming to an end, I think about what I want to change in the coming year. Mostly, there's a promise to myself to drink more water and trying to find a happy medium between a little exercise and killing myself with too much of it.

So, am I making new year resolutions and should we all be aiming to refresh something in our lives?

I'm in two minds on the subject. My first theory is that not all resolutions are actually achievable. I know that nobody is glueing you to a wall until you achieve them, but still, that is not the point. One example is exercise. Exercise DVDs are everywhere at this time of year, with almost every celebrity releasing one. The exercise resolution seems normal, doesn't it? There are articles and social

# Life and Living

## A candid and quirky approach

with *Ev Francis*

media posts everywhere, telling us how we should all increase our exercise. But for you, me and every other person with a chronic illness, exercise is not always an option. If you're like me, where you manage your ME but still have days of chronic fatigue and other symptoms, you'll know that the good days feel amazing and you can kid yourself into doing the things you used to do - then within a matter of hours or days you'll come crashing down like a sack of spuds. Not fun.

If I'm going to make any resolutions, I want them to at least be attainable rather than have the potential to conjure up a relapse and leave me off work for months. So this is my list:

### Say "No". Cut toxicity out

Saying "No" can be hard when you spend your life being told that it's important to always say "yes" We're encouraged to say "yes" for the fun. But in 2019 I'm determined to leave this behind. I plan to be in control of all my decisions, my activities and my life. I plan to say "No" to things that don't float my boat.

I'm also planning to cut out all negativity and, by this, I mean toxicity. If someone makes you feel bad, or worse, or just never helps you to feel good about yourself, then leave them behind. Cull them out of your life if they don't promote good vibes and positivity. They're not worth your time or emotion.

### Drink more water

It's my usual resolution and one that I always say I'll do but never stick to. We're supposed to drink two litres of the stuff every day, but I struggle to do that. Why? I just don't like it! Actually, I just don't like drinking

at all. I know that increasing water consumption will increase metabolism, improve skin and reduce fatigue. And I do notice, if I make myself drink it, that I feel more awake and less like I've been on an around-the-world trip - without the holiday, just with the jet lag.

### Haters are 'gonna' hate

In life we meet and know individuals who we may not like. We should expect that some people will also dislike us too. It can be upsetting to know you're not popular with a certain person, but allowing this to bother us will not improve our lives. Instead, we need to remember that we're surrounded by the people who *do* like us, who make us feel good and who enjoy our company. Those who do not like my company or yours are missing out. Haters are always going to hate.

New year's resolutions shouldn't be about improving our appearance, but our wellbeing and general happiness. Seeking improvement with my appearance never makes me happy, it just makes me question who I am. Inner happiness and being myself this year means that I could become the best person that I can be. It will put an end to wasting time on people, things and places that do not make me happy or good. If people care, they'll reach out, they'll make effort. So don't swim an ocean for someone who won't walk over a puddle. (That's about as metaphorical as I can get!)

On that note, I wish you all a very well, healthy and happy new year. ■

