

# Health And Well-Being

## Hints To Help You Have A Better New Year

(NAPS)—The holidays have ended, and a new year has begun—a time when many embrace a fresh start by setting New Year’s resolutions.

This year, why not consider solutions rather than resolutions? The distinction is small but important—acting versus thinking. Mental health professionals think it’s a better way forward into 2025.

### Expert Advice

Psychiatric Nurse Practitioner Elizabeth Johnson believes that the resolution mindset is an obstacle to action. “When we get stuck in our new year’s resolutions, part of it is just that we’ve gotten stuck in the process, stuck in the details, stuck in the weeds if you will,” Johnson said. “It’s struggling with ‘coulda, woulda, shoulda’ thinking patterns and reasons why maybe we haven’t been able to follow through and stick to those resolutions.”

Johnson recommends a new approach for her patients—and for us: simpler, concrete solutions with measurable results.

“Instead of setting a big resolution to try to lose 25 pounds, maybe setting a simple solution to reduce drinking soda to one can a day,” she offers. “For some, that’s quite a goal and quite a change, but it’s simple and it’s achievable and it’s measurable.”

Solutions can also mean an increased focus on your mental health. For those suffering from mental health conditions such as major depressive disorder, setting and attaining goals can seem even more overwhelming. One important step for 2025 could be to find a mental health professional. Or, if you’re already taking medication for depression, anxiety or ADHD and still struggling, it may be helpful to talk to your clinician about the GeneSight test.

The GeneSight Psychotropic test analyzes how your genes may affect your outcomes with medications commonly prescribed to treat depression, anxiety, ADHD, and other mental health conditions. The GeneSight Psychotropic test



### **If you struggle with mental health issues, a simple test can help your clinician if they are considering medication as a course of treatment.**

provides clinicians with information about which medications may require dose adjustments, may be less likely to work, or may have an increased risk of side effects based on a patient’s genetic makeup. Along with a complete assessment of clinical and patient specific factors, Johnson uses the GeneSight test to help inform her medication treatment decision making.

“The GeneSight test is imperative to me as a clinician,” says Johnson, “but also a game changer to my patients. When I’m working with a patient, often multiple medications have failed them, and they are sick of feeling like a guinea pig.”

Johnson concludes, “The GeneSight test offers me a little bit more of a roadway to making a medication choice. And when you are anxious or depressed, lost, any light bulb, any hope, is such a blessing in that moment.”

### **Prioritize your well-being—Physical and Mental**

As we step into a new year, prioritize your well-being—both physical and mental. Explore solutions that help you thrive and achieve your goals, moving beyond the usual resolutions for lasting success.

### **Learn More**

Visit [GeneSight.com](https://www.genesight.com) to learn more about how the GeneSight test can help inform your mental health medication treatment plans.