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Happy New Year!

A common tradition during the new year is to make goals or resolutions. Setting them during this time allows us to start the new year with intention and motivation. But, does it matter what type of goals we set? One study found that those who made simpler goals and had the support of others were more successful in achieving them (Carlbring et al., 2020). This suggests that making small, achievable goals rather than complex ones can help. Also, having your friends and family hold you accountable can improve your success.



COLLABORATION OPPORTUNITIES!

We made some great collaboration with different organizations this past year. Make sure to check them out on our podcast! If you're interested in collaborating, please reach out via traumaspeaks@yahoo.com.

JOIN THE COMMUNITY!

Be heard. Break the stigma.



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