A Hepatitis C New Year’s Invitation

December 28, 2015 By Lucinda K. Porter RN

It is easier to resist in the beginning than at the end. ~ Leonardo da Vinci

I gave up New Year’s resolutions many years ago. I don’t see the point of beginning a year badly, or worse, failing on a day that is easy to remember the date that marks my failure. Besides, health and hepatitis C do not keep a calendar. They both need daily attention.

Living with hepatitis C is an invitation to change, to embrace health in every moment. Few, if any of us, will do this perfectly.I don’t know of anyone who sleeps just the right number of hours every night, eats a flawless diet, and follows a spotless health regimen.

The most challenging aspect of practicing good health is getting started. Once I start, the benefits often help me stay on track, summed up by Aristotle when he said, “Well begun is half done.” The trick is figuring out what I need to begin, and to begin well. Resolving to do something is not a good beginning; trying on a new behavior for just one day (or minute) is a much better way to start the process that leads to genuine change..

- Is there something in your life, a practice or goal that may make living with hepatitis C a little bit easier? What can you begin today?
- What reward is waiting for you, beckoning you to change?
- When you make a change, be sure you say, “Good job--I knew you could do it.” Rewarding yourself for the changes you make is an essential ingredient for success.Don’t skip this step.

Wishing you a happy, healthy, hep-free New Year.

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