



# TIME FOR SOMETHING NEW!

## New Year Resolutions



By Bethan Cann

**I don't know about you, but I love the idea of New Year's resolutions. Each year, I try to give myself resolutions that are realistic, although I**

**couldn't tell you what they were for 2024! I'm certain I accomplished them though. While wracking my brain of all the possible targets I could set myself for the year ahead, it got me thinking about where it all started.**

The first recorded celebrations for New Year were held by the ancient Babylonians over 4,000 years ago, but for them the new year began in mid-March. Back then, the resolutions revolved around a 12-day religious festival called Akitu, which saw the people reaffirm their loyalty to the reigning crowned king. The Babylonians also promised debts would be paid and borrowed objects would be returned to start the new year with a fresh slate.

It wasn't until 1582 when the New Year officially changed to January 1st. Throughout the 19th century, pledges continued to be aligned to religion and spirituality, although they started to become less meaningful and forgotten, as they are often treated to this day.

A lot has changed in 4,000 years though. One in six of us admit that by the end of the year we

haven't kept any of our resolutions, with just over half managing to keep at least one. This could be down to the pressure the resolution holds... for example I was never going to run a marathon having never even run a mile!

For many, a New Year's resolution is an opportunity to escape bad habits with an aim to adopt new ones. Last year, among the most popular resolutions were losing weight, increasing exercise, drinking less alcohol and stressing less, one of which we've all probably told ourselves we'd do at one time or another.

This year, my resolutions will continue to revolve around trying new things. Last year, I was proud to go out of my comfort zone, joining a field hockey team. I am by no means a hockey player, but having a new hobby to explore has been incredibly fun, all while meeting some great people along the way. I realised everything is only as serious as you make it, so instead of putting pressure on myself to be good at the sport, I just have fun.

New Year symbolises a new beginning, so why not take it by the horns and try something you never have before. However big or small that may be, give yourself a huge amount of credit and most of all, enjoy it every step of the way. It could turn out to be the best thing you've begun.