

ASSOCIATED COUNSELING AND WELLNESS CENTERS

INDIVIDUAL, COUPLE AND FAMILY COUNSELORS

COMMUNITY MATTERS



NOVEMBER, 2011 #35

Midlothian Office
4500 W. 147th Street
Midlothian, IL 60445
708-597-0032

Bradley Office
300 N. Kennedy Suite 6
Bradley, IL 60915
815-929-0099

Kankakee Office
400 N. Wall Suite 510
Kankakee, IL 60901
815-929-0099

Contact us at:
info@lifecounselors.net

Find us at:
www.lifecounselors.net

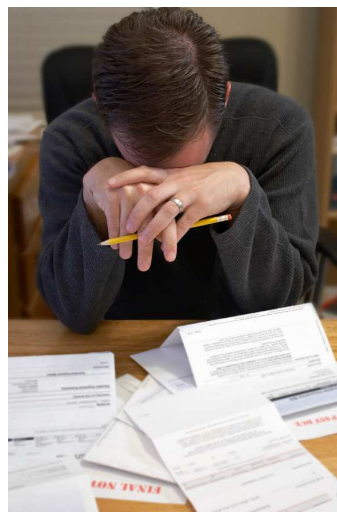
Follow us on:
Facebook.com /
Associated Counseling



“I JUST PUT AWAY THE HOLIDAY DECORATIONS!”

Yes, they are right around the corner and if you’ve been shopping lately, the reminders have been in the aisles since Labor Day. The holiday season can be a time full of joy, cheer, parties and family gatherings. But for many people, it is a time of self-evaluation, loneliness, reflection on past failures and anxiety about an uncertain future.

What Causes Holiday Blues?



Many factors can cause the “holiday blues”: stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one’s family and friends. The demands of shopping, parties, family reunions and house guests also contribute to feelings of tension. People may also develop other stress responses such as headaches, excessive drinking, over-eating and difficulty sleeping.

Coping with Stress & Depression During the Holidays.

- Keep expectations for the holiday season manageable. Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities.
- Be realistic about what you can and cannot do. Don’t put the entire focus on just one day (i.e., Thanksgiving Day). Remember that it’s a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.
- Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
- Leave “yesteryear” in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don’t set yourself up in comparing today with the “good ol’ days.”
- Do something for someone else. Try volunteering time to help others.
- Enjoy activities that are free, such as taking a drive to look at holiday decorations, going window shopping or making a snowperson with children.
- Be aware that excessive drinking will only increase your feelings of depression.
- Try something new. Celebrate the holidays in a new way.
- Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven’t heard from in a while.
- Save time for yourself! Recharge your batteries! Let others share in the responsibility of planning activities.

© 2011 Mental Health America

If you find yourself already dreading the holidays, call Associated Counseling and Wellness Centers to make an appointment with one of our health professionals.

'HELICOPTER' PARENTS CAN HINDER KIDS' EXERCISE

According to a new North Carolina State University study, parents' safety concerns may prevent children from getting enough exercise. In an era of increasing obesity in kids and adults, that could be a worrisome finding.

Researchers examined how families use neighborhood parks and discovered children who were monitored too closely by hovering "helicopter" parents were less likely to engage in higher levels of physical activity.

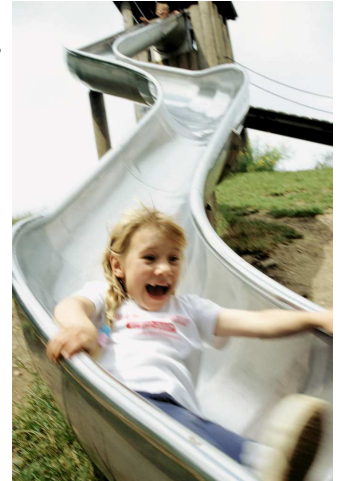
"It's a catch-22 for today's parents, unfortunately. Many parents are worried about the safety of their children, so they tend to hover," said researcher Jason Bocarro, Ph.D.

"The worry is – especially as we are seeing childhood obesity become an epidemic in this country – hovering is keeping kids from running around and playing with their friends and neighbors, and instead maybe sitting in front of the computer or television."

The research showed that formal programs and facilities – like soccer programs or basketball courts – increase the likelihood of children ages five and up engaging in a higher level of activity.

Also, as any school teacher can tell you, the presence of even one or two children with higher physical activity levels will increase those levels in other kids.

Copyright © 1992-2011 Psych Central. All rights reserved.



STAFF PROFILES



Constantine Bruns, PhD
Clinical Director—Midlothian

Dr. Bruns specializes in counseling adults, adolescents and geriatric patients with a wide variety of depression, anxiety and life problems. He offers a wide range of programs and services from individual counseling with adolescents and adults to marital and family therapy. He also uses hypnotherapy in his practice to help patients stop smoking and control other habits.

Dr. Bruns has been a Licensed Psychologist since 1980. While in graduate school, he served as the assistant director of the Illinois Institute of Technology Counseling Center. He has seven years of experience as a counselor with the State of Illinois Department of Mental Health and the Division of Rehabilitation Services. He has also worked as a counselor at the Chicago State Stress Center. He understands the uniqueness of all human beings, including any problems clients bring to psychotherapy. Dr. Bruns maintains that it is the job of the psychotherapist to craft specific solutions which can be implemented by the individual or family patients whom he serves.

Felicia Sanford, PsyD
Bradley Counselor



Dr. Sanford specializes in a wide range of issues that face children, adolescents and adults with mood disorders such as depression, anxiety, and behavioral disorders. She also conducts and reports psychological testing and assessments. In addition to her work with Associate Counseling, she works part-time at the Children Learning Center at Prairie State College.

Her clinical training includes providing therapy to emotionally disturbed, physically and sexually abuse children and adolescents, individual therapy to teenagers, and family group therapy with young males in a juvenile sex offenders program.

Dr. Sanford received a Doctor of Psychology from the Illinois School of Professional Psychology, her Masters degree from Roosevelt University and Bachelors degree from Loyola University of Chicago.