

Recommended Reading

Growing up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress & Anxiety
by Donna B. Pincus, PhD (2012)

Recommended by: Lorraine Arbuckle

Quiet: The Power of Introverts in a World That Can't Stop Talking
By Susan Cain (2013)

Recommended by: Jennifer Horton

Recommended App: Cure Stress
<http://curestressapp.com>

Do Males & Females Experience Emotions Differently?

Research over the last decade has shown that, in general terms, males and females have different bio-behavioral responses to stress. It is thought that these behavioural responses are due, at least in part, to underlying hormonal differences between the two sexes. Generally speaking, when males are stressed, they tend to seek out a safe place in action, moving toward a danger when stressed (fight), or running away from the danger (flight) — the fight or flight response. In contrast, when females are stressed, they are more likely to turn to other females for support and defend each other from perceived threats. Researchers call this the “tend-and-befriend” response. (Golden, 2009).

Self-Care for Caregivers

Those who are in a caregiving role to a loved one who is ill or has a disability are generally aware and sensitive to the stresses of people they help. They are not, however, always as responsive to the stress and fatigue that may be present in their own lives. The Public Health Agency of Canada (2011) notes the following stressors experienced by caregivers:

- Trying to live up to their carers' high expectations and/or their own
- Intensive caring for others at the expense of self-care
- Difficulty in establishing appropriate boundaries
- Pushing themselves too hard
- Mental and physical demands
- Time pressures
- Limited resources
- Multiple and competing priorities

If you are feeling overwhelmed in your caregiving role, reach out to others. Consider contacting a community based agency who can offer respite care. It is important to invest in your own self care. Speaking with a counsellor can be helpful as you can discuss your challenges in a caring and confidential environment. You can collaborate with your counsellor to develop your own self-care plan.

*“Transition is not a problem to be solved.
It is a process to be lived.”*

S. MAHAFFY

The Lidkea Stob & Associates' Family Counselling Team

OWNER: John Stob, MSW RSW

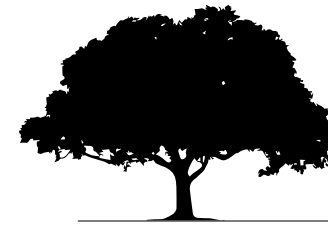
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* RSW indicates Registered Social Worker with the Ontario College of Social Service Workers and Social Workers. All associates are registered with a professional organization assuring a Code of Ethics is in place.

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LIDKEA STOB & ASSOCIATES

FAMILY COUNSELLING

Employee Assistance Program Newsletter

Winter 2014

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Happy Birthday!

Happy Birthday to US! Lidkea Stob & Associates celebrates 35 years of providing counselling services to the families of Niagara. We are thankful for the confidence and trust that Niagara families have given to us. 2014 finds LSA as the largest counselling group in Niagara and the only Niagara based Employee Assistance Program provider!

But looking ahead we want to offer you even more. We welcome Mr. Dan Silver, M Ed RSW who brings his Family Education Group into LSA. Dan will focus on Mental Health and Trauma services while also assuming a large managerial role.

Additionally LSA is expanding our Health and Wellness programs. We will offer many workshops and educational materials for individuals and groups. These will be available both on-line and in person.

LSA also welcomes Allison Vandermolen, MSW RSW who will provide expanded counselling expertise to our team.

We are excited about our new look, new staff and new programs.

I encourage you to visit our new website at www.familycounselling.com to see for yourself our new and expanded services.

We are responding to the changing needs of our Niagara community. In doing so we want to continue being Niagara's choice for counselling for another 35 years!

John Stob, MSW RSW
Owner

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“The good news is that being in gratitude does not require time and money. All it requires is an attitude of being grateful.” VISHWAS CHAVAN

The Power of Positive Thinking

Thinking positively helps with managing stress and can even improve your health. You can practice overcoming negative self-talk with examples provided. A key strategy for thinking positively is self-talk. Self-talk refers to the unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Unfortunately, much of our inner talk is negative and harmful in nature. Psychologists Archibald Hart and Catherine Hart Weber suggest that “as much as 77 percent of self-talk during an average person’s day is negative and berating in nature.” When all that inner negative self-talk is not challenged, individuals are vulnerable to developing harmful and inaccurate conclusions about themselves and others. Little by little, these false assumptions that they may never voice out loud can become very damaging. It can take conscious effort to make positive self-talk a habit. Researchers from the Mayo clinic note that positive self-talk has several health benefits, including:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

Here are some examples of how to shift negative self-talk into positive self-talk:

Negative self-talk
.....**Positive thinking**
I’ve never done this before
..... **This is an opportunity to try something new.**
There’s no way this will work.
..... **I can give this my best effort.**
I don’t like this change.
..... **I can adjust. I will cope.**
I’m never going to improve.
I’ll can develop goals and tackle this step by step.

Did You Know?

According to the Canadian Mental Health Association, Ontario branch, mood disorders are among the most common mental disorders. Approximately one in 10 people experiences a mood disorder. On average, the length of a depressive episode lasts from 7 to 9 months. The World Health Organization predicts that depression will become the second leading cause of disability in the world (next to heart disease) by 2020. The good news is that depression can be treated effectively by counselling and medication where indicated.

What Causes Mental Health Problems?

Mental health problems or disorders can be caused by a complex interplay of genetic, biological, personality and environmental factors. Whether the cause is genetic, a chemical imbalance in the body, or environmental such as the loss of a loved one, a head injury or experiencing a traumatic event, the affected individual can experience significant emotional pain. Early identification, diagnosis, and treatment can ease the burden and improve quality of life for individuals who are experiencing mental health problems. If you or a loved one is experiencing a mental health problem, don’t hesitate to call our office to book an appointment.

Resilience Tools

- Optimism
- Social connection
- Welcome change
- Humor
- Gratitude
- Accept help

As noted by health and wellness-focused psychotherapists

Dear Counsellor,

Can you help me? This year more than ever, as the holiday season approaches, I just want to avoid all the social expectations and endless work. I used to look forward to the season and feel joyful. This year, I just can seem to get it together.

Help Me get through the Holidays

Dear Help Me get through the Holidays,

The holiday season can be a fun time of the year filled with parties, celebrations, and social gatherings with family and friends. But for many people, it is a time filled with sadness, self-reflection, loneliness, and anxiety. There are a number of factors, including unrealistic expectations, financial pressures, and too many commitments that can cause distress during the holiday season. Setting realistic goals and expectations, reaching out to friends, sharing tasks with family members, finding inexpensive ways to enjoy yourself, and helping others are all ways to help manage holiday stress. Some people may feel anxious or depressed around the winter holidays due to seasonal affective disorder (SAD), sometimes referred to as seasonal depression. Regular exposure to light that is bright, particularly fluorescent lights, can significantly improve depression in people with SAD during the fall and winter. Taking vitamin D supplements can also help mitigate the effects of SAD. Those suffering from holiday anxiety, depression, or stress can benefit from increased social support during this time of year. Counselling can also be beneficial in helping you to develop effective coping strategies. Consider booking an appointment with one of our skilled counsellors today.

*Fictional .Not real names. Based on composite scenario

*“Happiness is an attitude.
We either make ourselves miserable,
or happy and strong.
The amount of work is the same.”*

FRANCESCA REIGLER

The Benefits of Establishing Healthy Boundaries:

- High self-esteem and self-respect.
- Sharing of personal information happens gradually, in a mutually sharing and trusting relationship.
- You navigate social media effectively and you have positive interactions with others.
- Physical and emotional space is protected from intrusion.
- Equal partnerships where responsibility and power are shared.
- You can be assertive. You can confidently and truthfully say “yes” or “no” and be okay when others say “no” to you.
- Ability to separate your needs, thoughts, feelings, and desires from others. You are also able to recognize that your boundaries and needs are different from others.
- You feel empowered to make healthy choices and take responsibility for yourself.

If you are having difficulty establishing healthy boundaries, book an appointment with one of our counsellors. You will feel more confident and empowered.

Seeking Help and Treatment: A Sign of Mental Wellness

It takes awareness, strength of mind and courage to recognize that one has a problem and then seek professional treatment. Unfortunately, many people often wait until they are extremely distressed or in crisis before seeing a professional. Seeking support when one first notices signs of distress can lead to better treatment outcomes. In seeking help early, one can actively participate in their treatment plan and implement the coping strategies introduced in the counselling process with less difficulty.

“Some days there won’t be a song in your heart. Sing anyway.”

EMORY AUSTIN