

Newton Counseling Center

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Welcome to *New Beginnings*. This quarterly publication is dedicated to assisting you in learning how to be more, do more and have more. I want to help you get what you want and help you change when necessary. This newsletter is filled with expert articles, discussion exercises, resources, tools, questions and answers.

Article

Mood Management Tips for All of Us

I hope you are enjoying your summer. The sun and the warm weather is nature's way of slowing us down so that we can reflect and recharge our batteries. Summer is an opportunity to take a vacation, get away from it all and gain some perspective. We are all responsible for managing our moods. Here are some tips;

1. Get outside and enjoy the warm weather.
2. Develop a hobby.
3. Call a friend and get some ice cream.
4. Daily walking or running for 30 minutes per day
5. Strength training every other day; sit-ups and pushups help
6. Eat fresh fruits and vegetables
7. Drink plenty of water

Special Events and Services

Newton Counseling Center is offering an ongoing walking and running group along with counseling psycho education. If you are obese, have depression or anxiety, this is a great affordable opportunity! We meet at 10 Langley Road in Newton Centre on Sunday mornings at 8am, 10AM and 12PM based on your current level of fitness. The first session is complimentary. Please call 617-332-7588 if you are interested.

Questions for Dave

Tom: How do I come to terms with the fact that my dad has a mental illness? Whenever I am around him whether its in public or alone, he says something critical which hurts others feelings.

Dave: It sounds like two questions. One is how to make sense of all this and two; How do you protect yourself when he is negative. You may find it helpful to do some research either on the internet or library. Knowledge is power. NAMI (National Alliance for the Mentally Ill) has a website key in the name to find it.

Dealing with a family member with a mental illness or a family member who is just negative is difficult for everyone involved. Compassion and understanding of the illness helps remove the guilt that some have. To protect yourself, setting limits with the person is key. You may have to confront that person when something is said. You may need to stay away.

Monthly Exercise

Here is a quick way to see results in your life. Brian Tracy, motivational speaker, success and goal setting guru offers the following; Every morning when you when you awake up this month, write down your top ten goals for the upcoming year. Do not look at you wrote the day before. You will begin to notice what is truly to important to you. On the 30th day, transfer each goal written onto a 3x5 card. Review them before you go to bed. You will be amazed to see your life starting to take a focused direction.

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