

Recommended Reading

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead
By: Brene Brown (2012)

Recommended by: Jennifer Horton

Hold Me Tight; Seven Conversations for a Lifetime of Love
By Sue Johnson (2008)

Recommended by: Gail Patterson

Recommended Websites: mentoringboys.com

Recommended by: Jennifer Horton

Just a Little Weed?

A recent British study shows that using marijuana can worsen depression and lead to more serious mental health disorders such as schizophrenia and anxiety. Regular use of marijuana can impair people's attention, memory and the ability to process complex information, and reduces motivation for work and study.

Counselling Services Offered:

Personal Counselling
Marital & Family
Health & Wellness
Workshops & Seminars

The Lidkea Stob & Associates' Family Counselling Team

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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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Can't Quite Put Your Finger on it?

Motivational speaker Andy Stanley suggests that it's difficult to solve a problem when you don't understand what's wrong in the first place. Sometimes we can recognize that we are struggling in some areas, yet we can't identify what the problem is. Counselling can help you gain clarity and perspective in your life. If you're thinking about whether counseling could be helpful to you, here are some questions to reflect on:

- Do you ever feel really sad, frustrated, or lonely?
- Do you feel especially angry, annoyed, or out-of-control?
- Do you feel very anxious, worried, or guilty?
- Have you experienced some major problems at home, at work, at school, or in your relationships with others?
- Have you noticed some changes in the way you sleep, eat, or think and feel about life?
- Is it hard for you to talk about these feelings with your family or friends?
- Are these feelings having a negative impact on your life?

The hardest thing to accept as a parent is that you cannot apply the bandage before the bruise.

ROBERT BRAULT



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Why Pursue Counselling?

There are many changes and experiences that happen during one's life. Many of these experiences may be difficult or challenging to cope with. If you're having difficulty dealing with certain situations or emotions, you might find counseling to be a helpful way of sorting things out. A counselor is a compassionate, non-judgemental professional who is trained to assist individuals, couples, and families find ways to cope through challenging situations in their life. Counselling is an opportunity to gain self-awareness and coping skills.

Counselling can help you cope better in the following areas:

- Abuse/trauma
- Adjusting to change
- Addictions
- Anger
- Be presently focused
- Coping with an illness or medical condition
- Decision making
- Decrease feelings of anxiety and depression
- Experience more joy
- Grief and loss
- Increase motivation and drive
- Improve self-esteem
- Intentional self-harm
- Job/school stress
- Relationships
- Resolve or change unhealthy patterns and addictions
- Setting goals
- Sexuality
- Spirituality

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"Life affords no greater responsibility, no greater privilege, than the raising of the next generation."
C. EVERETT KOOP EINSTEIN

Mental Health in the Workplace

The workplace can be an important contributor to mental wellbeing. However, it can also be a stressful environment that contributes to the rise of mental health difficulties such as depression and anxiety. With most adults spending more of their waking hours at work than anywhere else—and with many youth holding jobs—concentrating on issues of mental health at work is extremely important for all Canadians.

According to statistics gathered by the Mental Health Commission of Canada (MHCC, 2014), on any given week, in excess of 500,000 Canadians will not go to work because of mental illness. The MHCC also notes that more than 30% of disability claims and 70% of disability costs are attributed to mental illness. Further, the agency notes that the Canadian economy loses an estimated \$51 billion each year due to mental illness. In response to this research, the National Standard of Canada for Psychological Health and Safety in the Workplace has been developed. The venture has been a joint effort by the MHCC, the Canadian Standards Association and the Normalization Bureau of Quebec. The Standard is a voluntary set of guidelines, tools and resources focused on promoting employees' psychological wellness and circumventing psychological harm due to workplace factors.

The MHCC points out that endeavoring to make sure that people can enjoy mental wellness at work is advantageous to workers, their families and their employers—and contributes to Canada's economic prosperity as a whole.

More information on workplace mental wellness, including The Standard, can be found at: www.mentalhealthcommission.ca

Product Review: The Zones of Regulation App

The *Zones of Regulation App*, available for Android and Apple-compatible systems (refer to www.zonesofregulation.com) provides a framework for thinking, helping children and youth gain skills in intentionally regulating their behaviors, including the management of their emotions and level of alertness. This can foster increased self-control and problem solving abilities.

Using a cognitive behavioral approach, *The Zones of Regulation App* can assist children in identifying how they are feeling by creating a structure to categorize their emotions and levels of alertness into one of four zones. Throughout the App, users learn how to use strategies or tools to manage their feelings and behaviors in each zone. Users learn various calming techniques, cognitive strategies, and sensory supports, thereby building a toolbox of methods to use to regulate and shift between zones.

The App provides a fun, interactive experience while learning to assist in developing real-life skills. The skills introduced in the App can be further explored using the lessons and learning activities featured in the companion book, *The Zones of Regulation* (2011, by Leah Kuypers)

Email Burnout?

Most of us feel weighed down by email. Although it's a great communication tool, people often feel overwhelmed in trying to respond to every email. Researchers from mindtools.com provide the following tips to reduce stress associated with responding to email:

- To establish control of your inbox, try checking and processing email only at certain times during the day.
- In addition, try to keep your inbox as clear as possible. Arrange mail using folders like "Action," "Waiting," and "Archives."
- Lastly, when you do check mail, use the two minute rule – immediately take care of any email that you can read and respond to in two minutes or less.

The happiness of your life depends on the quality of your thoughts.
WWW.HEALTHYPLACE.COM

Dear Counsellor,

Our family recently had to make the difficult decision to put our beloved dog down. Amber was a special part of our family for eight years. She developed cancer, and her health declined very quickly. How can I help my children cope when I am also struggling with the loss? I am embarrassed to share with others how much I am missing my pet.

Missing our dog

Dear missing our dog,

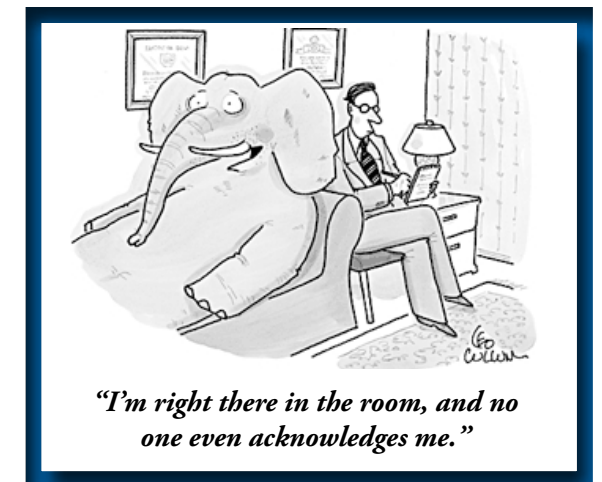
Given the intense bond most of us share with our pet, it's natural to feel devastated by feelings of grief and sadness when a pet dies. You can assist your children through the grieving process by preparing a memorial, planting a tree in memory of your pet, compiling a photo album or scrapbook, or otherwise sharing the memories you enjoyed with your pet. Allowing your children to see you grieving will help them express their own grief.

While some people may not appreciate the depth of feeling you had for your animal, you should never feel guilty or ashamed about grieving for a pet. Grieving is a personal and highly individual experience. Some people find grief comes in stages, where they experience different feelings such as denial, anger, guilt, depression, and eventually acceptance and resolution. Others find that grief is more cyclical, coming in waves, or a series of highs and lows. One aspect that can make grieving for the loss of a pet so difficult is that pet loss is not appreciated by everyone. Friends and family may ask "What's the big deal? Don't argue with others about whether your grief is appropriate or not. Let yourself feel whatever you feel without embarrassment or judgement. It's okay to be sad, to cry or not to cry. It's also okay to laugh, to find moments of joy, and to let go when you're ready. Finally, support for your grief may come from outside your usual circle of friends or family members. If you are struggling with the loss of your pet, book an appointment with one of our counsellors who can support you through the grieving process.

*Fictional. Not real names. Based on composite scenario

What is Intentional Self-Injury?

Intentional Self-Injury is the act of purposefully causing harm to oneself. Mental Health First Aid Canada (2011) notes that while the behavior does not constitute a mental health disorder in itself, individuals who engage in deliberate self-injury may have an underlying mental health disorder such as an anxiety, mood, or eating disorder. While intentional self-injury typically involves cutting, other forms of the behavior include pinching, burning, scratching, hair-pulling, biting, or embedding objects into the skin. Using an eraser to cause self-harm or using salt and ice to cause a burn are forms of self-injury which youth may challenge one another to engage in. As a parent or caregiver, it can be particularly distressing to witness or learn that your child is engaging in self-injurious behavior. While self-injury is typically used to temporarily alleviate feelings of distress, individuals who are engaging in intentional self-harming behaviors are at higher risk of causing serious harm to themselves or dying by means of suicide. Individuals with fresh wounds should be seen by a medical practitioner who can assess and treat the wounds as well as screen for risk of suicidal intent. Counselling can play an important part of the treatment process. Through the counselling process, understanding one's triggers for self-harm and developing healthy coping skills can be achieved.



The ability to be in the present moment is a major component of mental wellness.
ABRAHAM MASLOW