

THE GENESIS THERAPY CENTER

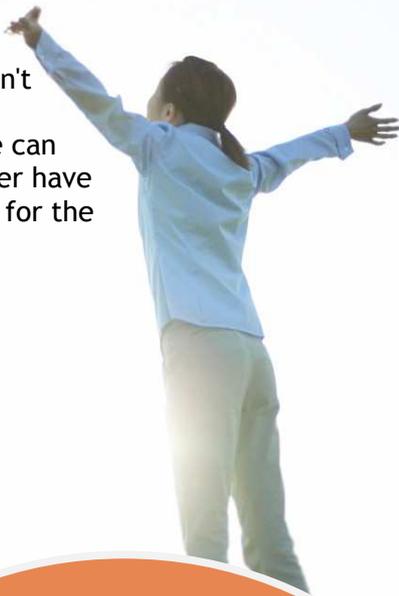
Autumn 2009

“REMEMBERING GRATITUDE”

Tip of the Day

Spend some time each day focusing on the little things in your life that make each day special. Perhaps it's your child's special smile, a good meal, a warm home, or a good book to read.

Focus on what you have - not on what you don't have - and on all the ways we can help one another have more gratitude for the gift of life.



The Genesis Therapy Center's 6TH
Annual

Kidpower Benefit

November 7, 2009

Check website for further information

*The Genesis Therapy Center is a 501c3 non-profit organization. *Tax ID#: 363508233

Please contact the Administrative Office in Oak Forest at 708-535-7320 if you wish to make a tax-deductible donation.

By Joleen Hartland

Thanksgiving is fast approaching. It is that one day a year we set aside to remember all the things we have to be grateful for. Gratitude is an attitude that we would all do well to nurture throughout the year. Studies consistently show that expressing gratitude gives you a boost. Feeling thankful appears to make you happier. The biggest benefits come from experiencing gratitude on a regular, daily basis. If it doesn't come naturally to you, there are simple exercises that can help you develop the feelings of gratitude. As you make gratitude a daily practice, you will find it easier to feel gratitude and to see all the things you have to be grateful for.

Focus on what you have. Answer the question, “What am I most grateful for in my life? By answering this question every day, you will eventually begin to notice what is going well in your life and how much you have. This will help you experience the joy of gratitude.

Write a gratitude letter. Research by Christopher Peterson, a professor of positive psychology, has shown this exercise to be particularly effective. Write a letter to someone important in your life expressing your thanks for their role in your life.

Keep a gratitude journal. Every morning when you first wake up, write in your journal at least a couple of things you are grateful for this day. It could include anything, from getting a new job, or even having a job, to the beauty of the flowers in your yard. This helps you focus on the positive things in your life and keeps the attitude of gratitude growing.

It takes consistent practice and dedication to transform our thoughts and attitudes. The joy it will bring to your life will make it worth it.

Happiness cannot be traveled to, owned, earned, worn or consumed.
Happiness is the spiritual experience of living every minute with love,
grace and gratitude.

Denis Waitley

Archibald Hart, writer of “Unmasking Male Depression”, offers a chart that shows in his experience the differences of depression in men and women.

Male Depression

By Christine Stanoch MA, LCPC

October is depression awareness month. In the past several years, there has been much greater understanding of depression as an illness that needs treatment. It has come out of the closet as something shameful. However, male depression continues to be hidden and unacknowledged.

Men and women experience depression differently. We can recognize women’s depression more readily, because it conforms to our idea of what depression looks like. Men are more likely to hide their depression. They are not as comfortable talking about feelings or emotions and discussing their symptoms could be perceived as a threat to their masculinity. Men often learn the importance of independence, self-control, and being “strong”. In addition, men frequently mask their symptoms with alcohol or substance abuse. Men tend to focus on physical symptoms and not recognize the emotional problems.

For these reasons, men’s depression is too often undiagnosed. Winston Churchill called his depressions “black dog”. Churchill attempted to ward off his black dog of male depression with compulsive overwork and excessive drinking. For male depression, the coping strategies – unhealthy ones – may be risky behaviors such as reckless driving or risky sex, drug or alcohol abuse, or shutting yourself off from the world.

Please, get help if you are experiencing these symptoms. Depression is a life threatening illness, not a weakness, and needs attention.

Male depression

Blames others for depression

Acts on inner turmoil

Needs to maintain control

Overly hostile, irritable

Attacks when hurt

Feels shamed by depression

Becomes compulsive time keeper

Terrified to confront weakness

Tries to maintain strong male image

Tries to act away his depression

Turns to alcohol and other addictions

Female depression

Blames herself for depression

Turns her feelings inward

Has trouble maintaining control

Always tries to be nice

Withdraws when hurt

Feels guilty by depression

Procrastinates delays deadlines

Exaggerates, obsesses about weakness

Disintegrates at slightest failure

Tries to think through her depression

Increases appetites and weight goes up

Upcoming events:

CEU Trainings

Nov 13th Supervision and Risk Management

Presenter: Jim Galezewski PsyD

We offer ongoing support groups for parents and ongoing social skills groups for children.

Please call 708-535-7320 to get more information on locations and times.

The Genesis Therapy Center

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