

THE GENESIS THERAPY CENTER

De-cluttering Your Mind

Spring 2011

Spring Cleaning for Your Mind?

By Christine Yoo, MA, PsyD

Spring is the time of year that nearly every magazine publishes articles on cleaning and de-cluttering in an effort to put new order into the external world. But what about what is going on inside? Is it possible to de-clutter your mind, to make a little more space? Are there old ways of thinking lingering around that are no longer useful for you? For some, this might be anger that pops up unannounced at inconvenient times. For others, it may be anxious thoughts that make it difficult to go to bed at night. Unfortunately, changing old thinking patterns is more difficult than sweeping the dust out from under the bed, but sometimes little changes can make a big difference. Below are a few tools that may help you give your mind a spring cleaning:

Write it out

- As a starting point, it may be useful to write down your thoughts on where your trouble areas are.
- Writing a journal can be a way to continue to make sense of the world. It can also be a way to put your thoughts away at night.
- List making - when you put it on paper, you don't have to hold on to it in your head any longer.

Meditation

- Using simple mediation techniques like sitting quietly and paying attention to your breathing can slow your mind and body.

Exercise

- For some, sitting still is simply not relaxing! Engaging in a physical activity that takes your mind from your everyday troubles may be beneficial.

Creative outlets

- Drawing, painting, sculpting, collage or photography can all help you look at the world in a new way.

Expand or contract yourself!!!

- For some, it is helpful to step out of your head by stepping into the world a little more. Volunteering or finding an enjoyable hobby can expand your social circle. For others, being overscheduled contributes to the sense of having a head filled to the brim. Take a break from activities that have become obligations.

Talk it out

- Talk to friends, family, and/or a professional psychotherapist. This can help get you out of a rut.

Downsizing That Everyone Can Appreciate

By Julie Mueller, MA, LCPC

Over time our homes can accumulate large amounts of clutter. This can produce a closed in, overwhelming feeling that can easily be overcome with a bit of Spring Cleaning. Here are some tips adapted from "10 Ways to De-clutter Your Home" on LifeOrganizers.com. As the saying goes, "If you haven't worn it or used it in over a year, get rid of it." This can be difficult for most, but you'd be surprised at what you can really do without. And how important is it really if you haven't even thought about it for a year? Do you have a lot of hair and skin care products in the bathroom? If they have hardened, softened or changed color, get rid of them. Do you really want that stuff on you?!

There are so many inexpensive ways that help to organize items neatly and efficiently. Get some stackable plastic storage containers for things that you do not use daily. They come in just about every size too. One thing you must absolutely remember when de-cluttering is you have to **throw or give away** the not used or not wanted. **DO NOT** just take everything out and rearrange! That is a temporary solution and is not sufficient. When you have less clutter and more things put away, your whole environment will have a calmer, more peaceful feel to it. Try to do this about once per year and see what a difference it can make in your life.

The Genesis Therapy Center's
8th Annual

KidPower Benefit

October 22, 2011

Check website for further
information

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

Hoarding

By Patricia Roy-Petrick, PhD, LCPC

We all collect things. We hold on to things because we might need them some day. Holiday decorations, photographs from important events, and keepsakes from children are held for sentimental reasons. This is considered normal behavior in our society, but when does it become a problem? When does holding on to things become hoarding? About 5% of the population has a problem with hoarding. Hoarding is the collection of, and refusal to, discard objects of little apparent value, which leads to clutter, distress, and the inability to function.

You should begin to worry if you experience any of the following:

- 1) you are spending a lot of time acquiring items, which can include shopping or rummaging;
- 2) you feel thrilled or excited when you shop and discomfort when you refrain from shopping;
- 3) you save items that you, and/or others believe have little or no value, or are commonly thought of as garbage;
- 4) you have so much clutter in your home that you have trouble using the space as it's intended to be used;
- 5) you experience distress or impairment which is caused by the hoarding and/or the effects of the hoarding,
- 6) your hoarding gets worse over time.

If you or someone you know has experienced any of these symptoms, there is help available through counseling or support groups.

Here are some links that might be helpful:

<http://www.ocfoundation.org/hoarding>

http://www.messies.com/support_groups



The ability to simplify means to eliminate the unnecessary so that the necessary may speak.
Hans Hoffman

Upcoming events:

CEU Trainings

There will be two trainings in the fall
Oct 7, 2011 and Oct 28, 2011

Programs and speakers to be announced at a later date.

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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