

THE GENESIS THERAPY CENTER

Spring 2009

“LIGHTEN YOUR LOAD”

Getting Back To Basics

By Julie Mueller, LCPC

The world has gone mad! Much of our consciousness is filled with job layoffs, rising costs, plummeting investments, government bailouts, climate change, wars, and other personal stress. As we try to make sense of the multiple challenges that are impacting our lives, it occurs to me that we are faced with the need to think more simply about the ways in which we live. Positive opportunities may emerge from crisis and change. It allows us to be more creative and mindful about the choices we make.

I remember watching School House Rock on Saturday mornings as a kid. I was taught to “Reduce, Reuse, Recycle”. More people are coming back to this mentality whether it be out of necessity or a renewed philosophy. The following are stress-reducing practices to try: 1) Mindful Spending – asking yourself, “Is this really necessary?” This can greatly reduce your spending and help to prioritize purchases. 2) Cook from Scratch – It’s healthy and you can make it fun by inviting some friends over to cook together, share meals & recipes. 3) Be Kind to the Earth - Use your own shopping bags, high-quality water bottles and coffee mugs. 4) De-clutter your Household - donate (or “freecycle”) to others who might enjoy the stuff you’re no longer using! 5) Build Community – Make efforts to connect with friends, family and colleagues. Host a movie night or a back yard BBQ instead of a more expensive night out. If you change your perspective a bit, you won’t feel like you’re sacrificing too much, but making the most of what you already have.

Life consists not in holding good cards but in playing those you hold well.

Josh Billings



Simple and inexpensive ideas for fun

- Take a walk with a friend by the beach or at a park
- Enjoy a free concert at Millennium Park
<http://www.millenniumpark.org/parkevents/classical.aspx>
- Bike through the forest preserves and have a picnic lunch
- Go to one of the great Chicago museums on their free day
<http://chicago.about.com/od/artsandculture/tp/Top-Ten-Chicago-Museums.htm>
- Enjoy the day at one of the many festivals that occur throughout Chicagoland area during the summer
<http://chicago.metromix.com/events/article/chicago-festival-guide/339943/content>
- Have a pot-luck dinner party where everyone shares a dish

THE GENESIS THERAPY CENTER'S
6TH ANNUAL

kidpower benefit

fall 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.

Upcoming events:

2nd Annual Wine Tasting Fundraiser

Date: 04/26/2008

Time: 7:00-10:00 pm

Location: 1012 N. Dearborn, Chicago, IL

Tickets are \$35 per person and can be purchased in advance or at the door.

CEU Trainings

April 17th ADHD

Presenter Jim Galezewski

May 8th Working with Couples

Presenter Mike Ideran

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.

Unexpected Changes

By Naomi S. Effort, MA, LCPC

Throughout life, we experience changes constantly.

Sometimes these changes are warranted, while others are not. When changes become overwhelming, it can impact our ability to function. As an example, being laid off from your job can be a very devastating stressor. Upon hearing the news, you begin to think about how the layoff would impact your life as well as those who you support. The layoff causes you to experience a great deal of worry, anxiety, difficulty sleeping, low energy and feeling of hopelessness. Since the layoff is the only major stressor in your life, you could be experiencing symptoms of an Adjustment Disorder.

According to WebMd, Adjustment disorder is a short-term condition that occurs when a person is unable to cope

with, or adjust to, a particular source of stress, such as a major life change, loss or event. Because people with adjustment disorders often have symptoms of depression, such as tearfulness, feelings of hopelessness and loss of interest in work or activities, adjustment disorder is sometimes called "situational depression." Unlike major depression, however, an adjustment disorder is triggered by an outside stress and generally goes away once the person has adapted to the situation. However, if you discover you are experiencing difficulty in adapting to the situation, consider receiving help with a psychotherapist. However, if your symptoms persists or become problematic, your therapist may advise you to seek additional treatment by a psychiatrist to assess if medication is needed.

Tips for Eating on a Budget

By Charmaine Jake-Matthews

Avoid the low quality trap: Many foods that appear to be a bargain are not when you consider the lack of vitamins and minerals as well as the excess fat and sugar they often contain.

Buy non-perishables: Fresh produce that spoils before you eat is a waste of money.

Buy snacks when you shop: A single serving bag of chips or a bottle of water purchased at a convenience store can cost twice as much as it does at the grocery store. Buy these items in multi-packs when you shop and carry them with you.

Only buy bulk items if you are sure they will be used: Resist the urge to buy things you can't use or would not usually buy just because "it's a good deal".

Shop less often: Write a grocery list for what you will need for a week (or two) and go to the store to purchase those items. This will minimize the "impulse purchases" you make each time you go into a store.

Clip coupons: While one coupon may only save you a few cents, clipping many coupons can add up. Look in your newspaper and online for coupons for items that are on your grocery list.

Shop at discount store: Shopping at major discount stores can save lots of money.

Use the food pantry in your community: Churches and other organizations have food pantries that can be helpful when feeding a family on a tight budget.

The Genesis Therapy Center

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We're on the Web!

Visit us at: <http://www.genesistherapy.org>
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Other Locations:

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31 S. Edgelawn Drive

Chicago, IL
Hyde Park
5600 S Woodlawn

Oak Park, IL
1010 Lake Street

Chicago, IL
30 N. Michigan

Downers Grove, IL
4832 Main Street

Oak Lawn, IL
9411 S. 51st Ave.

Homewood, IL
17951 Dixie Highway

Schaumburg, IL
930 W. Higgins Rd.