

# THE GENESIS THERAPY CENTER

Summer 2011

## Summer Break?

By Christine Yoo MA, PsyD

Weddings, graduations, summer parties, getting the kids to camp or summer school, yard work, home improvements, travel plans, family obligations...whew! Where did the lazy days of summer go? The ones where the days stretched out unplanned and awaiting adventure? When there was time to notice how the days got longer and to watch the magnolias fade into the lilacs and to await the first tomatoes? As our lives get busier and busier, with more families requiring both parents to work, the less time we have to take a breath in summer and the less it seems we ever get a "break."



Tips for managing summer stress:

- Set good boundaries and say no when needed.
- Take a one or two day vacation at home.
- Pace yourself.
- Don't overcommit to social events
- Ask for help from partners and children with errands or chores.
- Get plenty of sleep.
- Eat healthy (avoid foods with high fat and sugar content and avoid too much caffeine or alcohol.) Drink tea. Stay hydrated, especially in the heat. Eat smaller meals, about every 3 hours rather than 3 large meals.

Know how to live the time that is given you.

Dario Fo

The stress of summer now comes from not only the over-scheduling of every weekend, but also the costs that go along with all of those events! What we may remember from our own childhood as having been a time for taking a slower pace can now seem overwhelming. In addition, summer, with all the parties and days at the beach, can bring with it other unintended consequences such as the possibility of drinking more than we intended. During the busy summer months, it may become necessary to make choices about what is most important in our lives. With the tough economic times, choosing where to go and when, can save money as well as sanity. It may become necessary to actively plan how to find that time to take a break that everyone needs.

What things can we do daily and what special things can we do weekly or monthly to help keep us centered and focused? If we are mindful of caring for ourselves in small ways, we will be less likely to fall into less healthy ways of finding a moment to rest (overeating, smoking, drinking, etc.) When we start recognizing that a "break" in summer is less likely to happen, we are on our way to planning for a summer that will offer us a good balance of work, socializing and rest!

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

## Anxiety

By Larry Nash

There are important differences between anxiety and anxiety disorders. Anxiety disorders are listed as *Panic Disorder*, *Agoraphobia*, *Social Phobia*, *Specific Phobia*, *Generalized Anxiety Disorder*, *Obsessive Compulsive Disorder*, and *Post Traumatic Stress Disorder*.

Ordinary anxiety is an emotion. Emotions tell us whether a situation that has our attention (conspicuous or unconscious) is working or not, and/or is good for us, or not. For instance, fear helps us notice and avoid danger while guilt reminds us of what we think is right and wrong about our own actions. Anxiety tells us that we are facing a situation that we feel is important, and that we are unsure of its outcome. That is, anxiety is about future events and outcomes. It helps us cope with life more effectively. According to Bourne and Garano in their book, *Coping with Anxiety*, "mild [anxiety] means that your problem does not significantly interfere with your ability to work or your important relationships.... 'Severe' means your anxiety is disruptive enough that it's difficult for you to get to work or function on your job (or it has caused you to stop working)." This is when the helpful role anxiety plays in preparing us for difficult challenges becomes destructive.

Bourne and Garano believe that severe and disruptive anxieties may require medication. Mild to moderate anxieties can be addressed through self guided techniques found in their book. Both of these approaches can be used in conjunction with psychotherapy. If you are experiencing this destructive anxiety, please reach out for help through psychotherapy.

## Moving Forward During Summer Break

By Dr. Charmaine Jake-Matthews, LPC, AMFT

Summer vacation is a great time for students to relax and have fun with their families. Educators know that it is also a time when students suffer academic loss. Students may lose as much as a month's worth of learning over the course of their summer break. The losses are worse for math than for reading. Here are a few tips for stimulating your child's mind while having summer fun together.

- ❖ Check out the museums! Chicago has many exciting museums that can sharpen your child's thinking in fun and exciting ways. For more information go to [www.explorechicago.org](http://www.explorechicago.org)
- ❖ Visit your local library! Many public libraries have summer reading programs for children. If your library does not, you and your child can develop your own program. For example, you might agree to each read one book per week and share "book reports" over dinner. For more information visit [www.chipublib.org](http://www.chipublib.org) or the website for your town's library.
- ❖ Use public transportation! Take the train or the bus this summer. When planning your route for the day, have your child look at the map (or online trip planner) and help you figure out the best routes to take and the most efficient use of your time. For more information visit [www.rtachicago.com](http://www.rtachicago.com)
- ❖ Get rid of your calculator! Or at least put it away for a while. When budgeting for summer outings, figuring out tips at a restaurant or counting change, encourage your child to do the math.

## 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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We're on the Web!

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Other Locations:  
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Chicago, IL  
30 N Michigan

Downers Grove, IL  
4832 Main Street

Oak Park, IL  
1010 Lake Street

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Aurora, IL  
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*\* Polish and Arabic  
speaking therapists  
available at this site*