

The Genesis Therapy Center

WINTER 2018

New Year's Resolution!!!

Naomi S. Effort MA, LCPC

Resolutions! Resolutions! Resolutions! What really is a resolution and why do people choose to do it at the beginning of every year? According to Dictionary.com, there are several definitions for the word "resolution." The meaning that stands out every year for most people is "a decision or determination." At the beginning of every year, millions of people plan, decide or even make a declaration to either change or improve one or more aspects of their lives. Common resolutions people make every year include: exercise, lose weight, eat healthy, get out of debt and/or learn a new skill or hobby. Keeping resolutions is difficult when the individual is not ready to change his/her mindset around how to achieve it. When implementing a change, it requires a person to make the necessary adjustments to accommodate it. To feel successful at achieving resolutions, try following these steps:

1. Don't overwhelm yourself by having multiple resolutions at one time.
2. Create a list with a couple of realistic and obtainable resolutions.
3. Carve out time in your schedule to work on your resolution.
4. Journal about why you choose this resolution and what is important to you right now.
5. Use sticky notes around your home or work space to help you stay on track.
6. Celebrate the small steps toward your goals (ex. drinking more water to help with weight loss).
7. Have a family member, friend or group hold you accountable (a little extra help is always good).

Remember, each day is an opportunity to start anew, not just at the beginning of the year. If you fail at completing your resolution, do not beat yourself up. Allow yourself to acknowledge the steps you made toward the resolution, even the smallest ones. Also, if you are not one for making resolutions every year, it's okay. You will know when you are ready to make positive changes in your life. Happy New Year!!!

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

Like Us on Facebook

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

The Genesis Therapy Center's
15th Annual
KidPower Benefit
Sunday, Oct. 28, 2018
2 to 5 pm at Gaelic Park in
Oak Forest

Check website for further information

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

Seasonal Affective Disorder: A Case of the “Winter Blues”

Mary Ann Andrade MA, PsyD, LCPC

During this time of the year, many people struggle with “winter depression.” Many skeptics question whether someone can be depressed only during certain seasons and wonder if the “winter blues” is a real phenomenon. However, winter depression is a real mental health condition and is formally known as Seasonal Affective Disorder (SAD). SAD is one type of depression that comes and goes with certain seasons, most often manifesting in the late fall/early winter season and remitting during the spring and summer months. While SAD can occur during the spring and summer months, it does not commonly manifest during these seasons (NIMH, 2016 & Mayo Clinic, 2017). It should be noted that SAD is not considered a separate disorder; rather, it is a type of depression that occurs in a cyclical pattern. To be diagnosed with SAD, one must meet the full criteria for depression that coincides with certain seasons for at least two years, and the seasonal depression must occur more often than any non-seasonal depression.

Signs and symptoms of SAD may include the following: feeling depressed most of the day, nearly every day; losing interest in activities you once enjoyed; having low energy; having problems sleeping; experiencing changes in appetite or weight; feeling sluggish or agitated; having difficulty concentrating; feeling hopeless, worthless or guilty; and having frequent thoughts of death or suicide. Winter onset depression may also include symptoms of oversleeping; appetite changes, especially craving foods high in carbohydrates; weight gain; feeling tired; and social

withdrawal (feel like “hibernating”). While the cause of SAD is unknown, some factors that may influence the onset of SAD are decreased sunlight, which in turn, affects the body’s internal clock and the body’s release of a brain chemical called serotonin (which is responsible for mood). The change in seasons affects the overproduction and release of melatonin, which plays a role in mood, motivation, and sleep patterns. Additionally, a lack of Vitamin D has been shown to influence serotonin activity and be associated with clinically significant symptoms of depression.

It's normal to have some days when you feel down, but if you feel depressed for days at a time and you can't get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think about suicide. If you or a loved one are struggling with symptoms of SAD, treatment is available. Medication, psychotherapy, and taking Vitamin D may alleviate SAD symptoms. Light therapy has also been shown to combat symptoms of SAD.

- Mayo Clinic, 2017. Seasonal affective disorder. Retrieved from <https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>.
- National Institute of Mental Health, 2016. Seasonal affective disorder. Retrieved from <https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml>.

The Genesis Therapy Center

Administrative Office
6006 W. 159th Street
Oak Forest, IL 60452

Phone: (708) 535-7320
Fax: (708) 535-7571

We're on the Web!
Visit us at: <http://www.genesistherapy.org>
E-Mail: info@genesistherapy.org

Other Locations:

Schaumburg, IL
930 W. Higgins Rd.

Oak Brook, IL
2625 Butterfield Road,
Suite 138S

LaGrange, IL
14 W. Burlington Ave

Oak Park, IL
1010 Lake Street

Griffith, IN
223 N. Broad Street

Oak Lawn, IL
9411 S 51st Ave.

Oak Lawn, IL
5210 W. 95th Street