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New Year's Resolutions!

http://www.ehow.com/how_12077_new-years-resolutions.html

<http://psychology.about.com/od/psychologytips/tp/keep-your-new-years-resolutions.htm-list>

The FLU

www.cdc.gov/flu

www.freep.com (Flu Season Turns Deadly in MI)

The Effects of Exercise on Mental Health

http://www.huffingtonpost.com/2013/03/27/mental-health-benefits-exercise_n_2956099.html

<http://www.apa.org/monitor/2011/12/exercise.aspx>

Reminders

Please remember that if for some reason you are unable to keep your scheduled appointment, call and cancel 24 hours prior to your appointment. Please note that you can still call to cancel after hours by leaving a voicemail. If a 24 hour notice is not given, a \$45 fee will be charged.

With winter approaching and severe weather impending, The Center for Counseling may have to close if the road conditions are deemed dangerous. Please call and a voice mail will explain if we are closed for the day.

Staff Directory

Dr. Cheryl Mazzara, MD (Child Psychiatrist)

Dr. Hetal Patel, MD (Psychiatrist)

Karen Aiosa, LMSW



New Year's Resolutions!

What's it going to be this year...another weight loss goal, quitting smoking, paying off debt? Sometimes, it's hard to get motivated about another New Year's Resolution. Many people aren't motivated because they haven't been successful in

the past. Participating in this tradition where a person sets a goal to improve themselves makes perfect sense, as it is a time to start fresh. Here are some tips to help you succeed.

Mistake #1 – Choosing a goal based on what others think you should do.

Instead Try This – Be sure that you choose a goal that YOU really want to achieve. Sometimes, we allow other people to influence our beliefs.

Mistake #2 - Broad goals. (I will lose weight. I will work out. I will spend more time with family.)

Instead Try This – Be specific, put important dates or times in your calendar. I will lose 15 pounds by May 1st. I will work out for 30 minutes per day, 3 times per week (M, W, F). I will see my parents every Friday for dinner.

Mistake #3 – No rewards along the way.

Instead Try This – If I lose 4 pounds per month, I will reward myself with a manicure. If I work out 3 times per week, for 30 minutes, for one month, I will buy a new outfit. If I see my parents every Friday for dinner for one month, I will see that new movie.

For additional information, visit the websites on the left hand column. These are just a few of many tips to help you be successful. Good luck!



The FLU

The flu season is just beginning! We have heard on the news that this year could be the worst for the amount of cases reported of the flu as well as the number of people who have died from complications with the flu. Emergency rooms and doctors' offices are filled

with people with flu like symptoms. Hospital personnel have encouraged people who are sick to not visit their loved ones in hospitals for fear of transmitting the illness. In Washtenaw County, during the first week of January, it was reported that 78 residents were hospitalized for flu like symptoms and at least four adults have died. The health department encourages all people to take precautions, but especially the elderly, young and those with health

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Christina Lawton, LMSW
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DID YOU KNOW??

Group Therapy is often times a great environment for people to feel belongingness and support. When dealing with a specific issue, group therapy is most beneficial along with individual therapy, however it is also helpful as a standalone treatment.

The Center for Counseling offers several groups to the community. You don't have to be a client to participate in any of our groups. Here is a list of the groups that we currently facilitate.

- ~ Grief and Loss (Adults)
- ~ Anger Management (Adults)
- ~ Substance Abuse (Adults and Adolescents)

The following groups are available on an as needed basis.

- ~ Anger Management (Adolescents)
- ~ Bullying Group FREE (Adolescent victims of bullying)
- ~ Low Self Esteem (Adolescents)

Please call our office for days, times and costs (if any) of these groups.

"Tomorrow, is the first blank page of a 365 page book. Write a good one."

- Brad Paisley

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conditions such as COPD, heart issues, asthma, diabetes and pregnant women. The Center for Disease Control and Prevention (CDC) has outlined symptoms of the flu.

Flu Symptoms

Fever (although not everyone with the flu will have a fever)
Cough
Sore throat
Runny or stuffy nose
Body Aches
Headache
Chills
Fatigue
Sometimes diarrhea and vomiting

The CDC has also suggested that most people who have the above symptoms in a mild form do not need medical care or antiviral drugs. They say that if you have mild symptoms, to stay home for 24 hours after the fever is gone and avoid contact with people, unless you are going to get medical care. If you are in a high risk group (medical issues), you should call your primary care physician and seek medical attention. If you are unsure about your symptoms, call your doctor. Going to the ER should only be done if you experience the emergency warning signs. These signs are listed below.

Emergency Warning Signs (children)

Fast breathing or trouble breathing
Bluish skin color
Not drinking enough fluids
Not waking up or not interacting
Being so irritable that the child does not want to be held
Flu-like symptoms improve but then return with fever and worse cough
Fever with rash

Emergency Warning Signs (adults)

Difficulty breathing or shortness of breath
Pain or pressure in the chest or abdomen
Sudden dizziness
Confusion
Severe or persistent vomiting
Flu-like symptoms that improve but then return with fever and worse cough.

There are some things that we can do to prevent the flu. Avoiding contact with others who are sick, getting the flu vaccine, cover your nose and mouth if you cough or sneeze and good hand washing can all increase our chances of staying healthy this flu season. Take care of yourselves!

The Effects of Exercise on Mental Health

We all know that exercise is good for us but did you know how great it is for our mental health? Here is a list of some of these benefits. Please visit the websites in the left hand column for details on the positive effects.

- ~ Reduce stress
- ~ Boost happy chemicals
- ~ Improve self-confidence
- ~ Prevent cognitive decline
- ~ Sharpen memory
- ~ Help control addiction
- ~ Increase relaxation
- ~ Get more done
- ~ Inspire others