ASCENSION COUNSELING CENTER

Ascension Counseling Center

Director: Suzanne Berteau Hamilton *Parish President: Tommy Martinez*

Editor: Dawnyelle Bennett

HOLIDAY BLUES& HOW TO COPE

What are the holiday blues? Holiday blues are when we feel sad, tired, lonely, or have difficulty with our usual level of functioning during the holidays. Thanksgiving and Christmas are the most common times for Holiday Blues. Symptoms may include:

- Headaches
- Sadness, unhappiness, stress, fatigue
- Not being able to fall asleep or stay asleep
- Sleeping too much
- Changes in appetite-eating to much or too little
- Agitation or anxiety
- Feelings of guilt
- Poor concentration
- Not being interested in things that used to give you pleasure

How are the holiday blues different from depression? The keys to telling them apart are how strong the feelings are and how long they last. With blues, feelings may be intense and unsettling, especially if those around you are full of holiday cheer. However it is short-lived, lasting on a few days to a few weeks around the holiday season. Emotions usually subside after the holiday season and when a daily routine is resumed. Depression is slightly different. The symptoms are present nearly every day and last most of the day for at least two weeks. The symptoms occur together during the same time frame and cause impairment that interferes with daily functioning such as work, self-care, and social activities. The following tips can help during this season:

- If you're feeling lonely, get out and around people. Volunteer to make the holidays better for others
- Acknowledge feelings of grief or loss. These feelings are normal around the holidays.
- Set limits on your diet, spending, time, etc. Pace yourself. Set a budget, plan a calendar for shopping and a to-do list.
- Get plenty of rest and take care of yourself
- Tell your family and friends what you need to do to feel better emotionally, financially, and physically. If they do not respond to your needs, you are entitled to them anyway.
- Don't use Christmas as a time for family therapy. It is not the time to solve problems that exist the other 364 days of the year.

HOLIDAY BLUES& HOW TO COPE

- Declare amnesty with whichever family member or friend you are feeling past resentments.
- Don't let your relatives dump their laundry list of grievances and resentments on you.
- Give yourself permission to leave early or arrive late if someone will be drinking or has hurt you in the past will be in attendance at a function/gathering you are attending.
- Learn the broken record technique for the hurtful and intrusive questions you know will be coming.

By: Suzanne Berteau Hamilton, LPC, NCC

If holidays aren't a source of joy, think of it as a short vacation from work. Rent movies or "spring" clean your house. However you choose to spend your holidays, be safe and be kind. Who knows, our kindness might just make someone else's holiday brighter . If the symptoms of hopelessness and depression last for more than two weeks, come see us at Ascension Counseling Center. Call our Intake Coordinator, Sarah Cuti, at 225-450-1158.

TRAINING AND OUTREACH

St. Elizabeth

Ascension Counseling Center will be participating in the St. Elizabeth Family Fest along with the Community Coalition Against Drinking and Driving. We will have an exhibitor's booth set up demonstrating the effects of drinking and driving and educational material about the dangers of drinking and driving.

ACC FIT

The New Year is approaching and millions of people are proclaiming a fitness resolution for 2015. However, by the end of January nearly 90% of those people with give up on that resolution. Here are three tips to help you become part of other 10%.

Be realistic – If your goal is out of reach you are destine to fail. For example, you want to lose 40 pounds in one month. This is not a realistic goal. A safe and healthy weight loss rate is at 1 to 2 pounds per week. Remember in order to lose just one pound you have to burn 3,500 calories more than you consume.

Don't diet – Bottom line you must make a lifestyle change. You must change your overall eating habits. Incorporate lean meats, fruits, vegetables and complex carbohydrates into your daily diet. Fad diets do not work. In fact, often times they cause you to gain weight. By not eating enough calories, the body perceives an emergency and will accommodate by holding onto stored fat to survive. This is because your body doesn't know when it will be fed again. For example, if you try a so called starvation diets, your body compensates by slowing down the bodily process and conserving calories for survival.

Progress takes time – Don't give up if you don't see immediate change. Progress takes time! Most people did not get into the shape they are in overnight and progress will not happen overnight either. Don't give up due to slow progress. SLOW PROGRESS IS PROGRESS!

THE FIRST STEP TO GETTING ANYWHERE IS DECIDING YOU'RE NOT WILLING TO STAY WHERE YOU ARE

By: Jill A. Lemann, CFT

TEXTING ACRONYMS

A while back, we did a section with text acronyms that kids are using. Well since then, some new ones have emerged. Acronyms are widely popular across the internet, especially on social media and texting apps. Parents are often unaware of these acronyms that are far beyond the **LOL** of Laugh out Loud. After you read this list, you'll start looking at your teen's text in a whole new light. Below are a list of some new acronyms that CNN's Kelly Wallace has discovered.

· IWSN– I want sex now
· GNOC-Get Naked on camera
· NIFOC– Naked in front of computer
· PIR– Parent in room
· CU46– See you for sex
· 53X– Sex
· 9– Parent Watching
· 99– Parent gone
· CID– Acid (the drug)
· Broken– Hung over from alcohol
· 420– Marijuana
· POS-Parent over shoulder
· SUGARPIC– Suggestive or erotic photo

· KOTL– Kiss on the lips
· LMIRL– Let's meet in real life
· PRON– Porn
· TDTM– Talk dirty to me
· 8– Oral sex
· LH6– Lets have sex
· WTTP– Want to trade pictures
· DOC– Drug of choice
· GYPO– Get your pants off
· KPC– Keeping parents clueless
· CD9– Code 9/ Parents around
· IPN– I'm posting naked
· TWD– Texting while driving

Research shows that a majority of teens believe their parents are starting to keep tabs on their online and social media lives. Many times kids and parents follow one another on sites such as twitter and instagram. These acronyms can be used to hide certain parts of their conversations from lurking parents. It is hard for parents to keep up with the acronyms especially since new ones are being introduced everyday. If a parent or adult comes across any acronym they believe to problematic, they should talk to their kids about it. Asking kids not only gives you good information, but it shows that attention is being paid to their online behaviors.

www.AscensionParish.Net/MH

ASCENSION COUNSELING CENTER

1112 So. E. Ascension Complex,
Gonzales, LA 70737
419 Memorial Blvd,
Donaldsonville, LA 70346
Phone: 225-450-1016
Fax: 225-450-1150
E-mail: SHamilton@apgov.us

HELPING INDIVIDUALS AND FAMILIES CHANGE BEHAVIORS AND CHANGE LIVES.

Ascension Counseling Center provides comprehensive therapeutic services to individuals and families in an effort to foster healthy coping skills that will improve their quality of life.

HOURS

Gonzales:

Business Hours

Mon - Thur: 8 am - 5:30 pm; Fri: 8 am - noon

Counseling Hours

Mon - Thur: 7 am - 8 pm; Fri: 8 am - noon

Psychiatrist Hours

Monday and Tuesday: 8 am - 6 pm

Donaldsonville:

Business Hours

Wednesday: 7:30 am - 5:30 pm

MONTHLY EVENTS

Mondays:

- ***Adult Substance Abuse Treatment group***, 4 - 6 pm & 6 - 8 pm, Gonzales.
- ***Adolescent Substance Abuse Treatment group***, 4 - 6 pm, Gonzales.

Tuesdays:

- ***Women's Empowerment Group,*** 10 - 11:30 am, Gonzales.
- ***Nurturing Parenting, adult & children groups***: 5 - 7:30 pm, Gonzales.
- ***Anger Management Class,*** 4 - 5 pm, Gonzales.
- ***Stop Smoking Group***, 4 - 6 pm, Gonzales
- ***Adult Substance Abuse Treatment group***, 6 - 8 pm, Gonzales.

Wednesdays:

- ***Adult Substance Abuse Treatment group:*** 1 pm, Donaldsonville.
- ***Adolescent Substance Abuse Treatment group***, 3 - 4 pm, Donaldsonville.
- ***Adult Substance Abuse Treatment group:*** 4 - 6 pm & 6 - 8 pm, Gonzales.
- ***Living Strong Cancer Survivors group***, 3 - 4 pm, Donaldsonville. 2nd Wed of each month.
- ***Grandparents Raising Grandchildren***, 10:30 am - noon, lunch provided, Donaldsonville, 3rd Wed of each month

Thursdays:

- ***Adult Substance Abuse Treatment group:*** 6 - 8 pm, Gonzales.
- ***Adolescent Substance Abuse Treatment group***, 4 - 6 pm, Gonzales.
- ***Anxiety Reduction group***: 4 - 5 pm, Gonzales.

At Ascension Counseling Center you are at the center of your own care. We aim to treat you the way you want to be treated, with dignity and respect. If you are not receiving the services you want in the way that you want them, please speak to your counselor or ask to speak with Lisa Weber-Curry, Clinical manger (225-450-1172) or Suzanne Hamilton , Director (225-450-1160).