



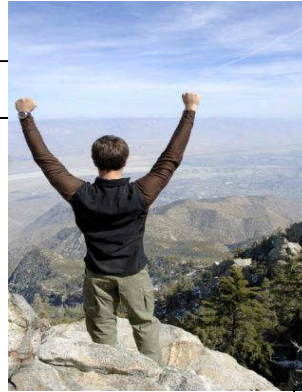
Mental Health Focus—Self-Confidence

Self-confidence is a mindset that allows individuals to have positive views of themselves and their situations. Self-confident people trust their own abilities, have a general sense of control in their lives, and believe that they will be able to do what they wish, plan, and expect. Having self-confidence does not mean that individuals will be able to do everything; self-confident people have realistic expectations.

People who are not self-confident depend excessively on the approval of others in order to feel good about themselves. They tend to avoid taking risks because they fear failure. Generally, they do not expect to be successful. They often put themselves down and tend to discount or ignore compliments paid to them. By contrast, self-confident people are willing to risk the disapproval of others because they generally trust their own abilities. They tend to accept themselves; they don't feel they have to conform in order to be accepted.

Self-confidence is not necessarily a general characteristic which pervades all aspects of a person's life. Typically, individuals will have some areas of their lives where they feel quite confident, e.g., academics, athletics, while at the same time they do not feel at all confident in other areas, e.g., personal appearance, social relationships, etc.

There are many ways to build self-confidence. If you are having difficulty with this area, taking with a therapist can help tremendously.



Mental Health Quiz on **STRESS**

True/False

1. Work-related stress can double a person's risk of dying from heart disease.
2. The number of hours a person works causes more stress at work than the office environment.
3. Regular exercise can help reduce stress.
4. Stress is a part of life that cannot be altered.

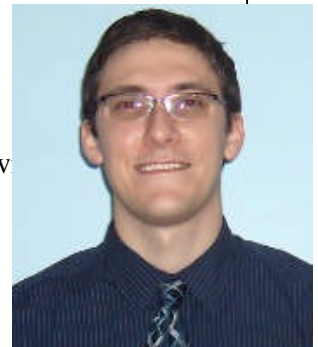
Answers on Page 2.



“Most of the shadows of this life are caused by our standing in our own sunshine.” ~Ralph Waldo Emerson

Staff Focus—Justin Barry

Justin Barry began his work here at KCC in late June. He is completing his doctoral degree in Clinical Psychology at Widener University and KCC is his clinical internship. Mr. Barry holds a Master's in Clinical Psychology and received his Bachelor's Degree in Psychology from the University of Texas. Mr. Barry works with a wide variety of clients, including those with anxiety and relationship difficulties. He typically sees older children, adolescents, and adults, but will also see younger children as well. He has particular interests in treating Asperger's Disorder. Mr. Barry's favorite part of working at KCC is the atmosphere, which he feels is both friendly and well-orientated toward client care. When he is not working, Justin can be found outdoors—in the garden, especially, but going for hikes and walks as well.





Family Wellness Vignette Each month we introduce a fictional family with various commonly experienced difficulties and provide positive examples of how the family worked through these problems to lead more fulfilling lives as individuals and as a family unit. This month, we feature the story of **John's Joblessness**

Like many Americans, John recently lost his a work position as a result of his company downsizing. He had been with the same company for fourteen years having been hired just after he graduated from college. When he first lost his job, John felt that it would be a good opportunity for him to take a little time off, take stock of his life, and plan a new direction. He was provided three-month severance pay to help him manage until he could find new work.

John spent as much of those three months as he could looking for jobs online, networking, and putting his resume out. Now the severance pay was up and John was finding himself in trouble. No matter how hard he tried, he could not find any work at all. The mortgage bills were due and his children and wife did not seem to understand that they had to learn to live with less. John was desperate. At home, John was taking his frustration out on his wife and children more and more. He found himself yelling frequently, and sometimes exploding in anger.

He began seeing a therapist that he had seen years ago when he had some difficulties with panic attacks. John's therapist worked with him on accepting where he was at and on accepting the "new normal" of tough economic times. At the same time, they worked on creating more realistic expectations and goals for John. His therapist recommended he begin volunteering to help him feel better, to fill his time, and to keep up on his skills for the workforce. John initially balked at this idea, saying, "I need to spend all my time looking for work; I don't have time to volunteer." However, he did begin volunteering and found himself being personally satisfied with his volunteerism.

The therapist also recommended that John begin to talk to his wife and older child about some of his frustrations. Heretofore, John had decided that it was best not to show his fears and difficult moments in front of his family, choosing instead to "pretend" everything was fine so his family did not worry. Talking with his family helped John have a system to vent his difficulties and also gave his family a better understanding of how things were really going in terms of finances. This helped them grow together as a family.

Happily, a person he met through volunteering offered him a full-time position. Although this period was difficult, John learned a great deal about his values and how to include his family in helping him through tough times. He no longer took his frustrations out at home, and felt much better about himself.

News/Current Happenings

- We are adding three new staff members. First, we welcome Loretta Butakis, who will be doing mostly psycho-educational testing. Second, we have our new Intern, who you can read about on Page 1 of this Newsletter. Last, Laura Dicesare is joining us in early September while doing her clinical practicum rotation. If you see new faces, be sure to welcome them!
- We said a heartfelt goodbye to Dr. Lauren Whitehead, our previous Assessment Coordinator, who had been at KCC for over five years. She moved to be closer to her family in Florida. We will miss her dearly and wish her the best of luck in her new adventures.

Quiz Answers

1. True. Studies suggest work-related stressors more than double a person's chances of heart attack.
2. False. A negative work environment is more stressful than working many hours for most, according to a recent study.
3. True. Regular exercise can help keep our stress levels low.
4. False. Even those who are constantly busy are not necessarily stressed. Stress is a mindset that can be altered.

* Thanks to all those who noted the error in last month's quiz. We'd like to say we were just testing you, but we erred by putting a True where False should have been! (our mistake was corrected in most of the print versions available in our lobby).

If you like this newsletter, feel free to have us pass it on to a friend or family member. Just send their e-mail to the address below and they will be added!

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