



## Mental Health Focus—Weight Gain

Weight gain difficulties are a serious problem in the United States. One of the leading causes of death and disability is obesity. Weight gain also remains a highly personal struggle for many persons and although many people start diets, they rarely follow through with them in the long-term.

Many see weight as primarily something to do with their diet and physical activity. However, recent research suggests that proper stress management and sleep are as important as diet and exercise in terms of weight loss. Maintaining motivation for behavioral change is also very important.

Therapists can be very helpful in weight reduction. They are skilled at helping stop emotional eating, creating effective behavior plans, and helping people to motivate themselves for the often difficult task of weight reduction.

For example, therapists can provide help with the various thoughts, feelings and behaviors that go along with over-eating. For example, many people overeat as a method of dealing with their emotions. When they are bored, stressed, anxious, sad, or lonely, many people overeat. Therapists are especially useful at helping people deal appropriately and effectively with their negative emotions to reduce the likelihood of overeating.

With the help of a good therapist, many overweight people can meet their goals and become happier and healthier—both physically and mentally.



## *Mental Health Quiz on Depression*

### *True or False*

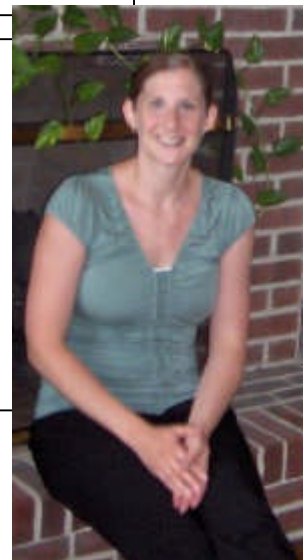
- 1.) Depression is just another name for the sadness and blues that come with life.
- 2.) Twice as many men as women are affected by depression.
- 3.) Women are more likely to die from suicide than men.
- 4.) Depression is incurable. You can only cure symptoms.
- 5.) About 10 to 15 percent of new mother's experience post-partum depression.



“Stressed spelled backwards is desserts. Coincidence? I think not!”  
~ Author Unknown

## Staff Focus—Bethany Lukban

Bethany Lukban is a licensed marriage and family therapist. She received her Master's degree from Syracuse University in Marriage and Family Therapy. At Le Moyne College, she majored in Psychology and had a double minor in Art and Religion. At Kelly, she sees children, adults, families and couples. Her favorite thing about working here is that she can be somewhat independent while also working with a great team and she really appreciates this balance. Outside of her work here, Bethany is very engaged at tasks of motherhood and parenting. Bethany has hours on Wednesdays, including evening hours, and on Friday and Saturdays.





**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 **Taking Care of Nana**

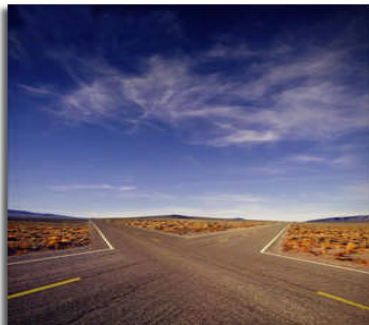
Nancy and Gary were giving new meaning to the term “sandwich” generation. They each worked two jobs, took care of four children (including a newborn), and were the sole caretakers for two ailing parents. They were stressed to the max by all this, and their work, relationships with children, and relationships with their parents were slowly faltering. They were fighting with each other often because of the stress that was on them.

Nancy and Gary were referred to a therapist by a social worker at the hospital where Nancy’s mother was admitted after a fall. Gary thought they did not have time for an extra therapy appointment and Nancy did not see how it would be helpful to enter therapy, so they put off calling anyone for months. During that time Gary had a minor heart attack and Nancy began having panic attacks.

Gary’s boss at work kept ranting and raving about a psychologist and “executive coach” he had seen. After listening to how the psychologist had helped his boss with time management and efficiency, Gary decided that maybe this would be a good option. If his boss had time for a therapist, then surely Gary and his wife might. At this point, Nancy was desperate to reduce her anxiety and panic, so she was on board, too.

The therapist who met with Gary and Nancy helped them prioritize their time and set boundaries. The clinician also recommended a local program that provided a substitute caretaker one day a month to give people like Nancy and Gary the break they desperately needed. Although it was very difficult for the couple at first, their therapist helped them ensure they took “just us” time in their weekly schedule. Perhaps most importantly to this couple, the therapist helped them reframe their thinking about their roles in more positive ways. Instead of seeing caretaking and work as a great burden, they began to see some of the joys involved in it in ways they had not before.

Nancy and Gary continued to be very busy people, but because they were allowing themselves more breaks and because they thought about their tasks differently, they were much less stressed. This decrease in stress helped their marriage and their relationships with the family members who meant so much to them.



### **News/Current Happenings**

- We are offering our second Life at a Crossroads talk on end of life issues. The information session will be held at our office on July 27 from 6:00-7:30 PM. Our discussion will focus on the legal, medical, and psychological issues associated with end of life decisions. For more information or to RSVP, contact Cathy Ricketti at [cricketti@kellycounseling.com](mailto:cricketti@kellycounseling.com) or call our office.
- KCC staff continues to focus on volunteerism. On July 5, we put together 40 meals for the charity “Aid for Friends,” which provides meals to mostly elderly individuals who cannot make their own meals. To date, we have supplied over 280 meals for this program. And on August 3, we plan to add another 40 more!



### Quiz Answers

- 1.) False. Depression is an intense sadness that is long-lasting and affects one’s ability to function normally.
- 2.) False. More women admit to depression than men. About 12% of women and 6.6% of men are affected each year.
- 3.) False. *Women attempt to hurt themselves twice as often as men, but men are more likely to die as a result of a suicide attempt.*
- 4.) False. *Even severe depression can be responsive to treatment.*
- 5.) True. *While “baby blues” or mood swings affect 80% of new mothers, true post-partum depression occurs in 10-15%.*

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