



Mental Health Focus—Laughter and Humor

An old saying verily tells us that “Laughter is the best medicine.” There is a lot of truth in this saying, as laughter can be incredibly helpful for our mental and physical well-being.

Adding humor and laughter in our lives can actually improve our wellness. A good, hearty laugh can relieve tension throughout the whole body, has been shown to increase immune system functioning, improves blood flow, and releases endorphins (the body’s ‘feel-good’ chemicals).

Sometimes it is hard for us to find humor in the world. We may feel too anxious, angry, depressed, or just downright curmudgeonly to see things as funny. However, a good laugh can change our perspective and can also dissolve negative emotions.

Find room in your day to laugh, and be healthier for it! For more information:

http://www.helpguide.org/life/humor_laughter_health.htm



"He firmly believes laughter is the best medicine."

How many therapists does it take to change a light bulb?
(See Answer on 2nd Page)

“At the height of laughter, the universe is flung into a kaleidoscope of new possibilities.”
~Jean Houston

Staff Focus—Cathy Ricketti

Cathy Ricketti is the administrative face of the practice. Her smiling face can be found in our lobby, where she greets clients and takes care of all the paperwork of a busy mental health care practice. Cathy spent two years at Penn State after graduating high school and has previously worked in a doctor’s office and had a job in manufacturing for ten years. She most enjoys her interactions with clients here at Kelly Counseling and Consulting. In her free time, Cathy loves to spend time with her children and husband, and especially enjoys her time at the beach. Cathy does not believe she is very photogenic, so you’ll have to stop into the office to see her smiling face!

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 **Dave's Hurdle**



For some time now, Dave was having serious problems at work and at home with his wife and newborn daughter. Some friends and coworkers had him convinced that he had an attention deficit disorder (ADD). In fact, Dave had many of the classic symptoms of ADD, including excessive fidgeting, being “on the go” most of the time, extreme restlessness, frequent careless mistakes, difficulty organizing himself, and difficulty concentrating. He had lived with these behaviors for years, telling himself, “that’s just who I am.”

In college and during his work career, Dave managed to focus himself in a way that allowed him to get needed tasks accomplished. He spent a lot of time finding ways to counteract his restlessness and increase his attention and for the most part was successful in this. However, he had recently been given increased work responsibilities and now had newborn at home. He found himself completely stretched to the limit.

Dave’s stress was worse than ever and he decided to seek the help of a therapist. Although the therapist agreed that he had symptoms of ADD, the therapist thought his difficulties were actually brought on by anxiety. Dave referred to himself as a major worry-wart, but did not believe it was affecting him as much as this therapist thought. “Besides,” Dave told the therapist, “I have a lot of reasons to worry with a new baby and with my responsibilities at work!” Dave initially believed his friends and coworkers were correct, but he chose to trust the therapist and continued to work with her.

The therapist gave Dave relaxation and breathing exercises to try at home and in her office, helped Dave control his worry through thought-stopping, and taught him to differentiate helpful worry from unhelpful worry. Dave was worried about everything, all the time, and this is what kept him so keyed up that he felt “on the go.” This worry also affected his ability to think clearly and to concentrate well.

With the therapist’s help, Dave saw that his symptoms came from anxiety and was able to control them through relaxation and learning not to worry so much. His “ADHD” symptoms abated and he was able to function normally at work and to enjoy his new role as a dad.

News/Current Happenings

Beginning May 25, we are offering a series of workshops called “Life at a Crossroads.” These talks bring together professionals from many different fields to help consumers understand their options in complex situations such as divorce, care of the elderly, financial distress, and co-parenting. The first workshop is May 25 from 6-7:30 PM here at KCC. A psychologist, a mediator, and family law attorney will offer their perspectives on divorce. Refreshments will be served. There are flyers in the lobby with more information. Space is limited, so please RSVP to Cathy (cricketti@kellycounseling.com or 610-358-2250).

Answer: Only one, but the light bulb has to want to change!



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