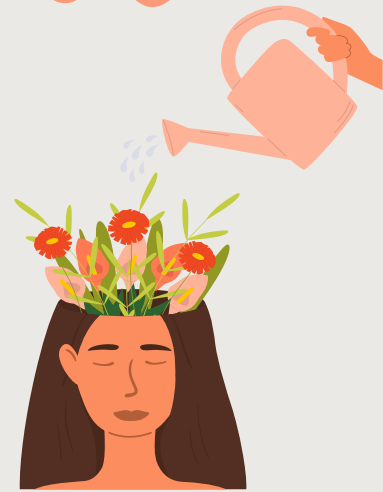




Healing News

Mental Health Spring Cleaning

March-May 2023



Clinical Director Corner

By *Phyllis McColister, MS, LMHC, LPC, CAP*

If I were to describe Spring, it would sound something like a “time of rebirth,” “renewal,” and “blossoming or reawakening.” If this is the case, how can we incorporate these principles into our mental health?

Physical, spring cleaning requires that we remove clutter from our homes. Last Spring, I was able to pack 6 bags of clothing that was taking up unnecessary space in my closet. It took another 6 boxes of books and papers before I could even see the floor of another closet in my home. Worry, stress, and anxiety are the clutter to remove before we can enjoy the renewal of spring in our minds. Worry is the process of thinking about the potential negative outcomes of a situation before they have happened. It involves focusing on negative events that could occur, problems that could develop, and situations that could harm us (Pittman, 2022). I want to bring your attention to one word in this phrase and that is “could.” Most things we worry about never happen. Worry tends to hang around and clutter our minds with unnecessary space much like the clothing, books, and papers take up in my home each year.

Getting Rid of Worry:

First and foremost, we must properly assess worry and use it wisely. You may wonder how is worry useful. It does have its purposes. Worry, when handled appropriately, can alert us to potential danger and signal us to action. However, it becomes a problem when we get stuck in the loop of what “could” happen and fail to declutter our minds of the worry. We must engage in mental health spring cleaning.

1. Shift your focus as soon as you find yourself worrying. Spring into action by putting a plan in place to address the issue. Use your mental energy wisely. Worry depletes your energy, clog up your brain power, and causes mental overload.
2. Use springtime as an opportunity to tidy up your thinking. Focus on the things that bring life and renewal. Create a spring-cleaning ritual that includes throwing out our unhelpful thoughts and replacing them with realistic expectations of self and others. One unhelpful thought is believing that you must perform at optimal levels at all times. Spring is a time to relax, have fun and begin anew.
3. Spring cleaning is a time to clear away not only physical clutter but also clear your mind of mistakes, frustrations, and setbacks. Dust away disappointments that tend to linger around and interfere with happiness. There are times when we can create our heartaches through expectation.

“Worry never robs tomorrow of its sorrow, it only saps today of its joy.”– Leo F. Buscaglia

Pittman, Catherine. Taming Your Amygdala: Brain-Based Strategies to Quiet the Anxious Mind (p. 220). PESI Publishing, Inc.



Staff Spotlight: Deana Pierre

We would love to introduce our new administrative assistant, Deanna Pierre! Deanna is a first-generation Haitian-American who is currently attending her first year at Indian River State College. Deanna is working towards her associate's degree in Human Services and plans on continuing her education to obtain her Masters's degree in Social Work. Some of her favorite hobbies include spending time with her loved ones, cooking, and trying new cultures- especially new foods! If Deanna could have an unlimited supply of one thing for the remainder of her life, it would be money. At Healing Waters Counseling, Deanna loves the team-oriented environment. Deanna's favorite thing about working on the team is how genuine, encouraging, and helpful everyone is. In her words "she feels at home" at Healing Waters Counseling!



Christian Corner

By Betsy Fowler, MS, RMHCI, Editor in Chief

Jesus + Time = Healing.

Healing is an integral part of who our God is. God cares about every area of humanity- physical health, mental health, and emotional and spiritual well-being.

Throughout the Bible, God is referred to as 'Jehovah-Rophe' which translates to the God of Healing. So often we want healing without dealing, but God wants to deal with the pain on our behalf- the rejection, the hurt, the depression- to heal us. Exodus 15:26, God promises Moses that "If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you." Our Healer is the same God now as he was then. Jesus is still performing miracles.



He is able to work through therapy, modern medicine, and community, just as he used ancient Israel's laws to protect them from disease. Spend time reflecting on the God of healing today with beautiful lyrics by *Passion Music*:

We welcome the healer in this place

We welcome the author of our faith

We welcome the God who makes a way

His name is Jesus

Seasonal Affective Disorder

by **Lisa Nicolette MS, RMHCI**

Seasonal Affective Disorder (SAD) is a type of depressive mood disorder with symptoms that increase in frequency and intensity during autumn and winter months when days are shorter, and sunlight is decreased. Symptoms of Seasonal Affective Disorder (SAD) closely resemble symptoms of major depressive disorder: including fatigue (even with excessive sleeping), changes in sleep habits, changes in appetite and/or weight, feeling sad, loss of interest and pleasure, low energy, restlessness, purposeless movement (fidgeting, pacing, handwringing), feelings of guilt or worthlessness, difficulty with concentration and problem solving, thoughts of death and/or suicide. The symptoms of SAD often begin to subside as spring arrives bringing more daytime hours and sunlight.

So, what can be done to combat winter blues and spring into a brighter mood?

- Spend at least 20 minutes per day in bright light- open the curtains or go outside in the sunlight!
- Focus on eating healthy foods, rest, and exercise.
- Practice sleep hygiene to reestablish consistent sleep.
- Create new activities and embrace personal interests to build positive experiences.
- Lean on supportive friends and family.
- Identify feelings and express them in healthy ways.
- Practice daily positive affirmations- write positive notes to yourself and place them in your house or car where you can see them often.

Spring is a season of new life and change. As we plan to spring clean our homes, we can also spring clean our mental health. If you recognize symptoms of seasonal affective disorder in yourself begin making small changes each day. If your symptoms of seasonal affective disorder do not improve, seek professional help through your Primary Care Physician, psychiatrist, or therapist.

Women Empowerment

By **Ashonna Williams**

Let's Chat! Women have the power to encourage one another holistically. Mental health is also an essential need for women. We as women from all walks of life face so many different challenges daily. Let's take preventive action and empower each other mentally. Utilizing the Maslow theory which includes welfare (primary needs), development needs (social needs and dignity), access (facilities and values), knowledge (about inequalities and rights), participation (in politics, decision-making, and society), and control (implementation and institutionalization of the above - mentioned needs). Since we are just chatting! Empowerment has a real position in society. Therefore, women let us position ourselves accordingly. Live in the moment and EMPOWER the next woman.



Lisa Nicolette

Ashonna Williams



Substance Use Corner *by Phyllis McCollister, MS, LMHC, LPC, CAP*

Spring is associated with new life and new growth. It is like the experience of discharging from substance use treatment to begin a new life of sobriety. Springtime is a perfect opportunity to spring-clean your sober living goals.

Utilizing the acronym S.O.B.E.R you are provided with action steps to begin spring cleaning your sober lifestyle:

S - Start simple by removing from your environment anything that could possibly derail your sobriety. Take time to do some deep cleaning and throw out any reminders of your addiction including photos, drug paraphernalia, bottles of alcohol and wine, etc.

O - Observe your thoughts, emotions, and body sensations closely. Your brain and body hold reminders of your addiction. Take a breath of fresh air and eliminate cluttered thoughts that lead to cravings and relapse by remaining connected to mental health resources i.e., outpatient individual and group therapy. Spring is a time for fresh, positive change.

B - Be open to trying new things. Springtime is a perfect time to start afresh. Try connecting with new people, places, and things that bring joy, fun, and fulfilling opportunities. Start a hobby or take that class you have always wanted to take. Get connected to a solid sober community and open yourself up to a new way of living. Don't be afraid to turn over a new leaf and grow into the next chapter in your life.

E - Embrace recovery with a fully charged mindset. Do not just attend meetings but get involved, and take some responsibility at the meetings such as volunteering to read, share part of your story, greet newcomers, and clean up afterward. Own your sobriety.

R - Remove relapse-potential relationships. Not everyone is serious about their recovery. Do not allow toxic people to turn you from your path to freedom from substances. Begin making new relationships or working toward renewing old sober relationships. Spring into Action Now!!!

Call Healing Waters Counseling Outpatient Substance Use Program at 772-448-4189.



Anger, sadness, anxiety, frustration, fear. These are the emotions that are associated with negativity and the emotions we tend to push down.

All our emotions have a purpose and are important but sometimes these "negative" emotions can overwhelm us, and we can react in unhealthy ways. When faced with overwhelming emotions we need to take a moment and let it RAIN:

R: Recognize what is happening.

Take a moment to acknowledge what you are feeling, what you are thinking, and how you are reacting.

A: Accept your feelings

Let those thoughts and feelings just exist as they are. Give yourself a few moments to just sit in the feelings. It's okay to feel what you are feeling.

I: Investigate

Begin to ask yourself what is causing these thoughts and feelings. When have I felt this way before? Is my thinking realistic? How can I help myself feel better or correct the situation?

N: Non-identification

Remember your emotions and thoughts are not you! Keep this in mind so that you can step outside of your feelings and analyze them objectively.



By Stacy Heflin

Remember, April showers bring May flowers, so let it RAIN on your emotions so you can bloom.

The RAIN technique was coined by Michel McDonald, a meditation teacher 20 years ago, but has since been adopted by psychologists.

COMMUNITY COUNSELING COLLABORATION

Mental Health Counseling

HEALING WATERS COUNSELING IN THE COMMUNITY



1

PROGRAM

Healing Waters Counseling provides community services to St Lucie County with mental health services that include individual therapy, family therapy, group therapy, and on-site mental health workshops. Specialties: Abuse/Trauma Counseling, Substance Use Evaluations, Immigration Evaluations, Domestic Violence Counseling, Mental Health Classroom Observations.

2

COMMUNITY COLLABORATORS

C.O.R.E.

- ALPI HEADSTART (mental health classroom observations)
- St Lucie Mental Health Court
- Inner Truth Project
- Seneca Family of Agencies
- MTM Art Therapy Services
- Immigration Attorneys in Fort Pierce
- Members of COSA



3

COMMUNITY SERVICES

- Individual Therapy
- Couples and Marriage Counseling
- Group Therapy
- Outpatient Substance Use Program
- Qualified Clinical Supervision
- Immigration Evaluations
- On-site Mental Health Workshops
- Quarterly Mental Health Newsletters
- Substance Use Evaluations



4

INSURANCE PANELS

- Most All Major Medical Insurance Companies
- Employee Assistant Program (EAP)
- FL Medicaid
- SLIDING FEE SCALE



5

CONTACT US

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FACEBOOK:

www.facebook.com/HealingwatersF

WEBSITE: www.healingwaters-counseling.com



Healing Waters in the Community

SPRING into taking care of our bodies! Check out a workshop for teens on the risks of vaping. This is a free workshop for middle school and high school-age students. Come open to learn helpful information and connect with other teens. See you there!

-Krista Brown, MS



HEALING WATERS COUNSELING

VAPING

HEALTH RISKS WORKSHOP FOR TEENS

FRIDAY 3RD MARCH, 2023 | 7PM

PRESENTER:
Helen R. McDonald,
MHSA

Refreshments
Will Be
Provided

Macedonia SDA Church | 1220 Delaware Ave, Ft. Pierce, FL 34950

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MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	Substance Use Group Virtual 6 PM ¹	2	Grief Group Virtual 11 AM Vaping Workshop 7 PM ³	4
5	6	7	Substance Use Group Virtual 6 PM ⁸	9	10	11
12	13	Men's Anger Management Group Virtual 6 PM ¹⁴	Substance Use Group Virtual 6 PM ¹⁵	16	Grief Group Virtual 11 AM ¹⁷	Domestic Violence Workshop 10 AM ¹⁸
19	20	21	Substance Use Group Virtual 6 PM ²²	23	24	25
26	27	Men's Anger Management Group Virtual 6 PM ²⁸	Substance Use Group Virtual 6 PM ²⁹	30	Grief Group Virtual 11 AM ³¹	1

Homemade
GIFTS MADE EASY



April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	Substance Use Group Virtual 6 PM ⁵	6	7	8
9	10	Men's Anger Management Group Virtual 6 PM ¹¹	City of Fort Pierce Stress Workshop 12 PM Substance Use Group Virtual 6 PM ¹²	13	Grief Group Virtual 11 AM ¹⁴	15
Happy Easter	17	18	Substance Use Group Virtual 6 PM ¹⁹	20	21	22
23	24	Men's Anger Management Group Virtual 6 PM ²⁵	Substance Use Group Virtual 6 PM ²⁶	27	Grief Group Virtual 11 AM ²⁸	29
30						



MAY



SUN

MON

TUE

WED

THU

FRI

SAT

	1	2	3 Substance Use Group Virtual 6 PM	4	5 CINCO DE MAYO	6
7	8	9 Men's Anger Management Group Virtual 6 PM	10 Substance Use Group Virtual 6 PM	11	12 Grief Group Virtual 11 AM	13
14 MOTHER'S DAY	15	16	17 Substance Use Group Virtual 6 PM	18	19	20
21	22	23 Men's Anger Management Group Virtual 6 PM	24 Substance Use Group Virtual 6 PM	25	26 Grief Group Virtual 11 AM	27
28	29 MEMORIAL DAY Office Closed	30	31 Substance Use Group Virtual 6 PM			

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Visit with us

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Connect with us

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Website: Healingwaters-counseling.com

