

Mental Health Minute

Provided by: Front Range Psychological Associates

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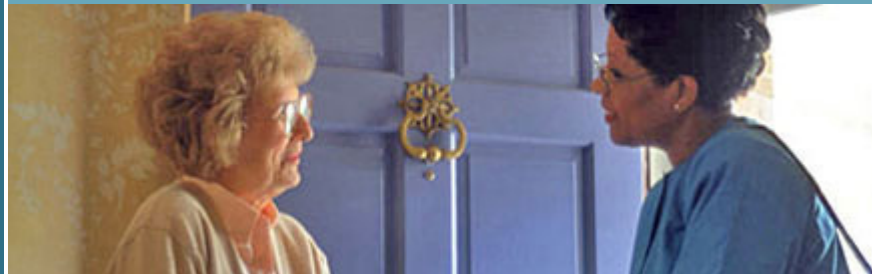


Research shows that the dinner table is one of the most powerful places for family togetherness. Yet, how can today's parents get good meals to the table with so little time and so many sports practices, music lessons and other activities? Join Clinical Psychologist, [Bridget Engel](#), and Healthy Eating Coach Mary Collette Rogers to discover:

Why dinner is so important to families

What strategies can help get dinner on the table, even with a hectic schedule

April 2009



Happy Spring!

This always seems to be a busy time of year for us here at FRPA. On Monday April 6th, Dr Engel will be participating in a presentation on the importance of dinnertime in families - including tips to actually make dinnertime work!!

On Saturday April 18th we will once again be volunteering at the 9News Health Fair. It will be held from 7am-1pm at the Erie Community Center (www.eriecommunitycenter.com) 450 Powers St 80516. We will be providing mental health information as well as psychological screenings to participants. This event seems to get bigger every year and is always something we look forward to!

On Saturday May 16th Erie will be hosting its Annual Town Fair. Please come out and support local businesses, restaurants, artists - and don't forget to wake up early for the balloon launch! (www.eriechamber.org).

Can't wait to see you there!

Dr. Bridget Engel & Dr. Stephanie Smith

Summer Groups are Coming!!!

How to deal with picky eaters, texting teenagers, and other common obstacles to enjoyable and meaningful mealtimes

FREE

Monday April 6th
6:30-8:00p
College Hill Library in
Westminster

Twitter Much?



Check out Dr Smith's
Twitter page at:

twitter.com/drstephsmith

for up to the minute info on
mental health topics
including:
parenting, stress, financial
strain, etc.

Want to Save



Back by popular demand: Girls Groups for summer!

We will be offering 2 groups this summer. Both will be skills-based, interactive, and lots of fun! Girls will learn ways to deal with stress, anxiety, and anger - as well as friendship and social skills. These groups are great ways to improve communication skills while meeting new friends, and playing games.

Group I: Girls entering grades 1-3

Wednesdays from 9-10am

June 10 - July 29

Group II: Girls entering grades 4-6

Wednesdays from 10-11am

June 10 - July 29

All groups will be held at the FRPA office. Please call Dr Smith or Dr Engel at 303-828-3080 for more information or to sign up.

Space is limited so please register early!

Money?



Check out the article link below for a story about how to save money on health care costs.

Dr Smith contributed some ideas about how to save on mental health care.

<http://www.timescall.com/Health-Story.asp?id=15065>

On the Blog...



Check out the new blog articles Dr Engel posted this month:

Keeping Your Love Alive

and

Staying Resilient Through Tough Economic Times



As job losses soar and the media continues to report on falling stock prices and rising foreclosures, many people may react to the economic climate with a flood of strong emotions and a sense of uncertainty. Yet, people generally adapt well over time to life-changing situations and stressful conditions.

What helps some people "bounce back" while others continue to feel overwhelmed? Resilience, the process of adapting well in the face of adversity, which is vital in these high-stress times.

Resilience is a learned skill that can help carry you through the current crisis as well as future relationship, family, or work problems you may encounter.

The current economic situation is a major stressor for eight out of ten Americans, according to a 2008 survey by the American Psychological Association (APA). With constant reminders from newspapers, television and the internet, it's hard to avoid the doom and gloom narrative about the economy. It's normal to feel overwhelmed when you seem to be surrounded by bad news that impacts your family situation or that you fear may do so in the future. However, you can handle stress in positive ways and implement tactics to help you better manage and develop your resilience. Seeing this difficult situation in a positive light can help you build and utilize your resilience.

APA offers the following tips to help foster your resilience in these tough economic times:

Accept that change is a part of life - You may have to adjust your goals, or make changes to your lifestyle as a result of the economic crisis. Accepting

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circumstances that cannot be changed can help you focus on circumstances that you can alter.

Make connections - Good relationships with close family members, friends, or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope.

Keep things in perspective - Try to avoid the Chicken Little attitude that the sky is falling. Remember the good things you have in your life and realize that this situation will pass. Visualizing what you want, rather than worrying about what you fear, will help you craft a hopeful outlook and reduce your everyday stressors.

Look for the opportunities - People often learn something about themselves when going through a difficult situation such as the current economic downturn. Use crisis as a chance to grow professionally or personally. Look into groups in your community or on the Internet that can help foster your interests and expand your opportunities to put your top skills to good use.

Be mindful of the good things in your life - Resilient people count their blessings. You might let the people in your life know what they mean to you by writing them a gratitude letter. Or, you might spend just five or ten minutes a day reflecting on one aspect of your life that you are grateful for. Such simple techniques can be powerful in their impact.

Maintain a hopeful outlook - No one can reverse what has happened. But by being resilient, you can change how you interpret and respond to events. Try looking beyond the bad news and into the future, where circumstances may be a little better and where you can take steps toward improving the situation.

Talk to a psychologist - Sometimes dealing with stress by yourself can be overwhelming and frightening. If you continue to feel overwhelmed, you may want to talk with a psychologist who can assist you in managing your stressors and addressing the emotions behind your concerns.

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See you in May!

Sincerely,
Front Range Psychological Associates