



STRESS Rx

KEEPING IN TOUCH WITH YOU

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End Of Year Thank You!

We just want to tell you that you are the
Starlight in our world !

Thank you for being you and thank you for
sharing who you are.

We hope you and your loved ones have a
WONDERFUL HOLIDAY
SEASON

And May Your Winter Be Bright -
With An Abundance Of JOY And
PEACE!

Get More Sparkle Out Of Life !

There is a way to instantly feel better, feel more alive, and make your eyes sparkle. Just think about mischief, perhaps a fun old prank, or plan a new good deed. Surprise someone in a nice way. Remember when you delighted someone in the past. As soon as you connect with that mischievous feeling your face lights up and happiness begins inside! I know a lot of you are mischievous!

Have you ever been a secret pal, left a treat on a doorstep and run away, or given an unexpected gift? Have you ever left an outrageously large tip, put money in someone else's parking meter, or pulled a string in front of a kitten? Have you ever cleared off the windshield of a car for a total stranger or given a helium balloon to someone you didn't know - for no apparent reason?

The art of mischief can add to our quality of life, how long we live, and how others remember us. It creates instant endorphins that boost our energy. Mean tricks don't count, nor does expecting something in return. Try a little mischief today and feel the sparkle!

Medication Information

It's a good idea to practice opening pill

Contract Cancellation

We have decided to not renew our contract with CIGNA Behavioral Health. Our apology to anyone that this would affect in the future. This means we are no longer a preferred provider under CIGNA.

Trivia Section

Did you know that the North-East-South-West symbol on maps is called a "**compass rose**"? This symbol originated in the 1300's around Portugal and is based on wind directions. It used to be called a Wind Rose; and is named for the flower it resembles. We may see it with as few as 4 points or directions, but sailors had to memorize the full 32 points in order.

Adult Attention-Deficit/Hyperactivity Disorder

What's all this talk about Adult Attention-Deficit/Hyperactivity Disorder (**ADHD**)? If the symptoms are adult onset – it's something else. Signs of ADHD begin before the age of seven. Symptoms of ADHD must clearly cause impairment in more than one area, and be present for at least six months for the diagnosis. **We do assessments for ADHD.**

Most of us have some indications of attention disruption; this tends to worsen as stress levels increase. For those who are diagnosed with ADHD, there are varying degrees of severity. Many people who could be diagnosed with ADHD have learned methods to adjust. Others who should be diagnosed with ADHD often feel stupid or confused about why they can't function better. Adults are often relieved to discover there is a reason for their frustrations.

There are two aspects to ADHD, and a person can have one or both types. There is the hyperactive-impulsive aspect and/or the inattentive type. Medication is only one option. Learning better coping skills often helps – with or without medication.

Picasso Pudding Art?

I saw the cutest idea for making finger paints out of pudding cups! You can stir in food coloring to the individual cups and let youngsters paint with fingers

bottles or vitamin jars over an open drawer – especially if you have small children or pets living or visiting in the home. Those little pills can easily get lost, especially in carpet, and we don't want them accidentally found by a little loved one! Opening small items over an open drawer lessens the likelihood of loss if something gets dropped. This is also a helpful idea for those with arthritis or poor eyesight.

or brushes. They can paint on colored paper, wax freezer paper, paper plates, cookies, or themselves – just think of the possibilities for edible paints! I plan to try this out on a cake top for frosting. Even grown ups might have fun with this one!