

Clarke Counseling Center

Monthly Newsletter

SEPTEMBER 2011



In This Issue

[ARTICLE: "Spilling Over" for Resilience](#)

[COUNSELOR'S CORNER: 30 Days to a Happier Life](#)

[QUOTES: Interesting Quotes About Resilience](#)

Coming Events

[Monthly Adult AD/HD Support Group](#)

Normally meets 4th Thursday of every month. Due to scheduling conflicts, however, the next group will meet on Thursday, October 13th.

Cost:

\$50 at the door
\$45 in advance, or
pay for 4 sessions up front
and pay only \$175 (save \$25)

To reserve your seat, call or [e-mail](#) Sherry Clarke at 301-515-1321.

Quick Links

[Clarke Counseling Ctr. Sherry's Coaching Is ... About Your Coach](#)

[Relationship Coaching for Singles](#)

[Free E-Program Signup](#)
[Relationship Resources](#)

[AD/HD Life Coaching](#)

[Marriage and Family Therapy](#)
[Getting the Most From Couples Therapy](#)

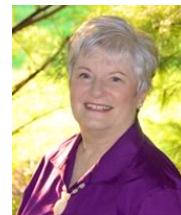
[Testimonials](#)
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Greetings!

I've appreciated all the wonderful comments about these monthly newsletters. I'm glad you've enjoyed the articles and other content.

Now, there are new ways to access my content - ways that will allow you to interact with me and others. I will focus on a blog, on YouTube, and on various social media outlets to bring you the critical information you need to hear from me.



Due to this exciting transition, the newsletter below will be the last. Please follow me in these new ways:

(Note: Some of these are still "[under construction](#)," so check back again. Watch for official launch email coming soon!)



I am very excited about new ways to share my coaching helps, and I look forward to interacting with you in the future.

Sincerely,

Sherry Clarke MA, LCMFT, ACG

"Spilling Over" for Resilience



Usually, we don't like things to spill over. If you pour a cup of milk for a child and keep pouring after the cup is full, you'll end up having to clean up the spill. But when is "spilling over" a good thing? The answer is: when it helps you function.

Human beings are social, emotional, financial, physical, mental, and spiritual beings. We function at our best when all "cylinders" are firing as they should. But life isn't always ideal. Challenges often arise that reduce our ability to function in one or more areas. It may be an unexpected illness or injury that cripples us physically. It may be a sudden financial issue, such as the loss of employment or a bad investment. It may be an emotional challenge such as anxiety or depression.

Whatever the problem, it can be categorized into one of these areas. If the challenge is severe enough, it can even affect other areas. If you are physically ill long enough, it will probably begin to affect your financial status. If you are depressed long enough, your social life will suffer. The

bad news is that a major problem in one of these areas can affect other areas. But the good news is the flip side of the same coin. If you are strong in one area, that strength can "spill over" into other areas. This human characteristic helps us to be resilient in spite of serious adversity.

Frank went to work one day, not suspecting it would be his last day on the job. His boss pulled him aside, thanked him for his years of service, and "let him go." Frank was shocked and devastated by this loss of employment, not just because of the lost income, but because he would miss his friends at work. Because he was an excellent machinist, Frank would also miss the respect and positive reinforcement he received on the job.

But Frank had a secret weapon in his life: no, he had many secret weapons. He had a great marriage, a long list of close friends outside of work, an exercise program, and a support system at the church he attended. These areas of strength acted as buffers to help Frank take the lay-off in stride. In fact, it was through his extensive social outlets that Frank found a better job, one that paid more and offered more room for advancement.

Take some time to consider your own life in terms of your physical, mental, emotional, social, financial, and spiritual strengths. Ask yourself:

- What would happen if I suffered some severe distress in one of these areas?
- On a scale of 1 to 10, with 10 being the strongest, how would I rate each of these areas?
- Choosing my weakest area, what are some concrete goals I could set for myself to boost my strength?
- How can I take advantage of the "spill-over" benefits of my strong areas to help my weak areas?

With a little planning, it is possible to "dig your well before you're thirsty." By working to develop yourself in all areas during good times, you can build a reservoir of strength that can "spill over" during difficult times.

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Counselor's Corner

30 Days to a Happier Life

Dear Readers:

As Clarke Counseling Center comes to the close of one phase of business outreach and steps into "updated" versions that will reach you in many new and different ways, I wanted to give you three more tips on how to be happier in the next 30 days.



We often talk of giving balance to the five major areas of your life - physical, mental, emotional, spiritual, and relational. Here are some ideas to get you started.

First, increase your physical activity this month. Move more - physical activity (or sometimes called, "exercise") makes the whole body work better - gets the hormones pumping, reduces stress and tension, makes you sleep better, improves your mood and gives you more energy to live life more fully and happily.

This month, start where you are and add more movement - walk up the stairs instead of taking the elevator; do ten minutes of jumping jacks or mini trampoline instead of sitting on the couch; take a walk around the neighborhood observing the leaves changing colors, chatting with neighbors, and breathing in the fresh, crisp fall air; or go to the gym one more time this week than usual.

Second, prioritize and organize your schedule better. Years ago I read an article that suggested each night you make a list of the five most important things you need to get done the next day. List them in order; prioritize them.

The next morning you don't have to wonder what to do first; you have your list already. Start with number one,

work until it is done; then two, three, etc. If you don't get to number five, that is OK, you have completed the most important. Then what's left can be number one the next day.

This may seem over simplistic, because you certainly have **more than five things to complete**. However, some items can be grouped together under one number and usually there are those top items that must get done. Try it; it will amaze you!

Third, contemplate your life and count your many blessings. Express your gratitude for them. Write them in a journal! Thank your family, friends, and co-workers for the positive contribution they make to your life. Often we forget to show or express appreciation to those closest to us.

Become aware of and acknowledge the good things in your life instead of focusing on the negatives. That only brings us down. Put a smile on your face and share it often throughout the day! You will be surprised at the response from others.

So, for now, thanks for being my wonderful newsletter readers and watch for future communications from me via Conscious Living blog, social media and my new updated website. It is exciting to be part of all this new technology!!

Warmly,

Sherry Clarke MA, LCMFT, ACG

Interesting Quotes About Resilience



"Happiness is not the absence of problems but the ability to deal with them." - H. Jackson Brown

"If you learn something from a defeat it isn't a loss." - Adam Worcester

"The leaders I met, whatever walk of life they were from, whatever institutions they were

presiding over, always referred back to the same failure - something that happened to them that was personally difficult, even traumatic, something that made them feel that desperate sense of hitting bottom - as something they thought was almost a necessity. It's as if at that moment the iron entered their soul; that moment created the resilience that leaders need." - Warren Bennis

"Stars may be seen from the bottom of a deep well, when they cannot be discerned from the top of a mountain. So are many things learned in adversity which the prosperous man dreams not of." - Charles Spurgeon

"I haven't failed. I've identified 10,000 ways this doesn't work." - Thomas Edison



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