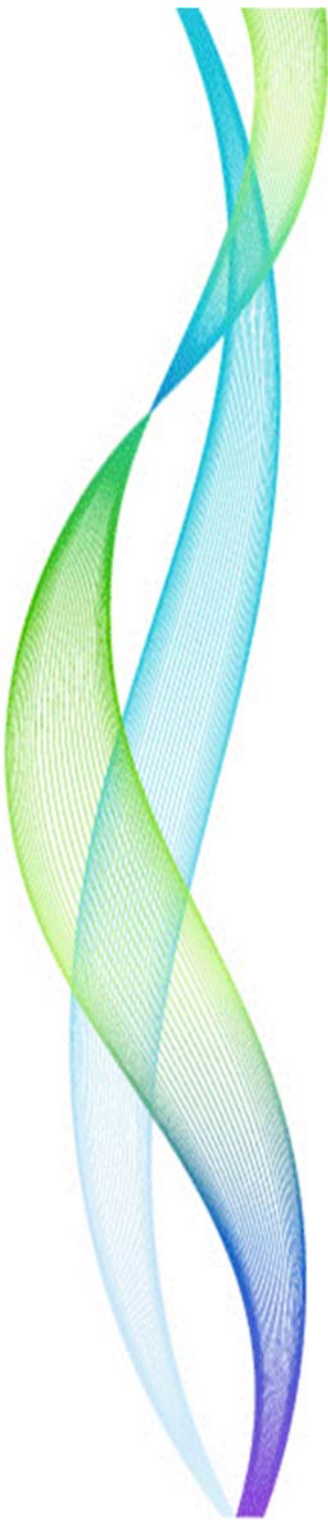


February 2016

Focus: Romancing the Known



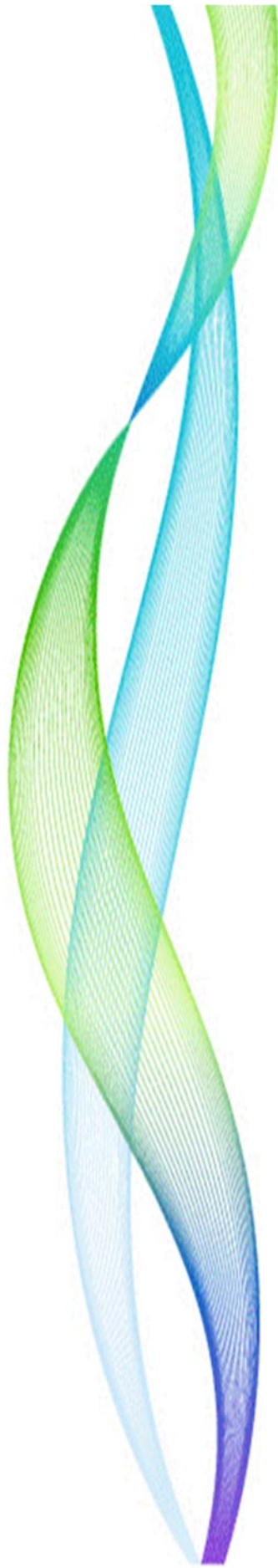
At Insights, we talk a great deal about learning to live in the moment: accepting *what is* (as long as it doesn't harm us) and learning to see old behaviors, patterns and situations with new eyes. We all know that Valentine's Day is about love, but who says it has to be limited to your feelings toward a partner? V-Day is also a wonderful opportunity to be more mindful and grateful for that which you already have—in other words, the “known”. Here are some suggestions for making this February 14 your most love-filled Valentine's yet:

- LOVE your body – regardless of your size (and even if you haven't lost your Resolution pounds yet); regardless of your current health; regardless of your age and any gravity-related wrinkles or pregnancy-related stretch marks. Love your body for getting you where you need to go.
- LOVE your heart – for pumping more than 100,000 times per day (with or without a pacemaker) without having to think about it; for serving as a symbolic repository for your most meaningful feelings.
- LOVE your mind – for processing thoughts and feelings; for having an unlimited capacity to learn something new.
- LOVE your job – even if it isn't the one you want in one, five or ten years. It's giving you experience in managing conflict and relationships and hopefully, the income to do the things you want and need to do. If not, it's giving you plenty of reasons to find something better.
- LOVE your problems – they're teaching you some very valuable things about yourself and others.
- LOVE your pet – this one needs no explanation.

Happy Valentine's Day!

Reconnect: Fair Trade

Is there a household chore or other task that your partner has taken



on over the years that perhaps she or he would like to be done with? Maybe she's taken care of the laundry since you moved in together but now that your family has grown, it's no longer something she enjoys. Or, maybe he's always been on garbage patrol but since he now travels frequently, it's no fun for him returning home from a long trip to find overflowing wastebaskets. During your next weekly check-in with each other (and we do hope you have these!), ask your partner if it's time for a chore or task trade. Not only does this cut down on potential long-term resentment but also makes each other feel supported and appreciated.

Bibliotherapy: *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish

This bestselling classic (updated in 2012) is a true how-to book on communicating effectively with children, particularly when it comes to helping them express and process their feelings. Faber and Mazlish tackle everything you need to know about:

- Coping with your child's negative feelings, such as frustration, anger, and disappointment
- Expressing your strong feelings without being hurtful
- Engaging your child's willing cooperation
- Setting firm limits and maintaining goodwill
- Using alternatives to punishment that promote self-discipline
- Understanding the difference between helpful and unhelpful praise
- Resolving family conflicts peacefully

– source: www.Amazon.com

Time-Out: “But I Can’t Do It...It’s So Difficult!”

How many times have you, as a parent, heard this from a child who's perfectly capable of performing a certain task, or taking personal responsibility for something? Sometimes, it's just easier (for them, not you!) to throw their hands in the air, with hopes that you'll take over and do their jobs for them. But that gnawing frustration you feel as a result is your gut telling you that you shouldn't. Children need to do age-appropriate things all by themselves, most of the time. It builds self-confidence and a sense of mastery they will enjoy for life. Next time you hear “But it's so difficult!” remind them that they are smart and capable. Tell them simply, “I know, and you can do difficult things!” *For more information on Child and Adolescent Therapy, Parenting Issues, Play Therapy and Filial Therapy, contact Insights therapist [Laura Elpers](#).*

Self Care Strategies: Don't Wait for Permission

Many of us skip out on the daily nurturing of our spirits because we're “going to do so” just as soon as we're finished with the big



project, or put the kids to bed, or paid all the bills, etc. It's almost as if we're waiting for someone to give us permission but unfortunately, that almost never happens. We simply have to take charge of our own physical, mental and spiritual health. You can still work on your big project while you're sitting outside, enjoying some sunshine. Ask your spouse to put the kids to bed while you take a warm bath. Pay the bills after you take a yoga class—they'll still be there.

Take Two: *The Revenant*

So many good movies, so little time before the 2016 Oscars! *The Revenant* is one of eight films nominated for this year's Best Picture award and stars Leo DiCaprio as an early 1800s frontiersman named Hugh Glass who is "badly mauled by a grizzly and abandoned by his fellow trappers. Barely surviving his wounds, Glass is driven by thoughts of his family and a desire for revenge as he endures the frigid winter and pursues the men who left him for dead." – source: www.oscar.go.com

Our Time is Up: Stayed tuned for our March issue...