


Think Tank February 2015

Focus: Be Your Valentine



It's February and of course, that means Valentine's Day is just around the corner! Soon, Cupid will aim his arrow in the direction of the nearest Hallmark store, commanding us all to be "spontaneously" romantic. While some folks like to play the holiday low-key (or ignore it altogether), others hold out for over-the-top *gestes romantique*.

However, if you're not in a relationship (or, in a relationship where your romantic needs aren't currently being met), February 14th can be challenging: Instead of a day filled with cards, flowers, candy and kisses, it's one surrounded by nearly constant reminders that apparently, everyone else on the planet has found that someone special.


So, if you're someone who enjoys giving and receiving Valentine's gifts and cards, romantic or platonic, why not add one more person to your list? YOU. Buy yourself a beautiful bouquet of your favorite flowers. Swing by Dude, Sweet Chocolate Shop after work, pick out whatever looks the most mouth-watering to you and enjoy it guilt-free. Treat yourself to your favorite takeout for dinner and eat in front of the television (and in your pajamas). Take a scented bath with candles. Or, pick up a pretty card and mail it to yourself. Just be sure to give the post office enough time for delivery. We want you to have the *best* Valentine's Day ever.

Reconnect: Old-Fashioned Love Letters

These days, we're communicating more than ever via phone, email and text but it seems like something is missing: the handwritten love letter. There's something especially romantic about getting a letter from a loved one that's written by hand. Ask your partner to write you a two-or-three paragraph letter and you'll do the same for them. It can be supportive as in *I love the way you always take care of our home*, sweet (remember the nicknames you used to have for each other?) or very, very sexy (no instructions needed). Seal. Stamp. Savor. Repeat.

Bibliotherapy: *To Rise Again at a Decent Hour* by Joshua Ferris

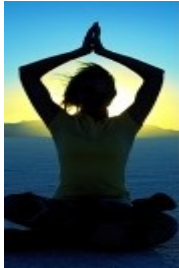
Endearing, sometimes contradictory and often thought-provoking, single and professionally successful Park Avenue dentist Paul O'Rourke shares with the reader his quiet desperation to find love - along the way, encountering various religious groups, enraptured



with the opposite sex and generalized boredom with life in general. When someone steals his online identity, claiming that Paul belongs to a long-lost religious tribe, he must come to terms with his own beliefs and how they have affected his relationships. Ferris has a way of making even the most mundane, everyday activities come to life with ritual and purpose. A truly gifted writer, this book will be enjoyed by many for years to come.

Time-Out: Helping Kids Deal with Valentine's Day


Remember the feeling of excitement in elementary school when Valentine's Day rolled around? The days leading up to the holiday were filled with creating and decorating your mailbox, writing up little cards to your friends and agonizing over whether you should sign your name "From" or "Love." But there were also potential problems with the delivery system: *Who go more cards? Who got almost none?* Today teachers get around this by simply having all students bring one unaddressed card for each classmate. Even so, as adults, we sometimes forget the potential impact this holiday can have on children, especially as they get older and begin to have love interests.




Instead of focusing on the cards that your child gets, help them focus on those that they give. Make it a fun family tradition. Let him design the card and figure out how to put it together. It doesn't have to be anything difficult. If, however, your child feels strongly that they don't want to participate in giving/ receiving Valentine's, honor their decision and let their teacher know in advance.

For more insight on how these suggestions can relate specifically to your family, please contact **Laura Elpers** to schedule a parent coaching session.

Self Care Strategies: The Benefits of Massage



Although massage therapy has existed in multiple cultures for thousands of years, western medicine is really just now beginning to understand its importance in the healing process. Chronic physical ailments, drug addiction, trauma, premature birth, cancer, heart attack and stroke are just a few conditions that massage can help. While massage clears lymphatic blockage, improves blood flow and decreases muscular tension, the healing power of the human touch can also benefit those going through emotional challenges. Worried about the cost? There are many affordable ways to incorporate regular massage therapy into your self care routine including "minute clinics" where you pay about one dollar per minute of massage, local Asian foot spas, Groupon deals -and be sure to check with your medical insurance provider as many companies are now covering the cost of massage when referred by a healthcare practitioner.



This 1953 classic starring Audrey Hepburn and Gregory Peck gets our vote for one of the most romantic. Beautiful Princess Ann, pretending to be a regular citizen, meets dashing Joe Bradley, an expatriate American reporter working for a Roman newspaper, who doesn't tell her that he's writing a story about the princess. The dialogue between the two lovebirds is charmingly dated and the Roman tourist sights they feature predominantly have thankfully, changed very little.

Insights Happenings:

Addiction Recovery Aftercare Group Insights has a mixed-gender group for recovering individuals. The group provides support and skills to help with relapse prevention, thus enhancing the odds of long-term recovery. For more information, call 214.706.0508 or email thinktank@insightstherapy.com

Inner Evolution Group Coaching Inner Evolution Group Coaching is an ongoing women's group designed to enhance a women's fulfillment, harmony, and inner peace. Our mission is to empower women in their emotional and spiritual evolution through education, guidance, and support. The group will be facilitated by Amy Egan and Robin Knuutila. To read more about this supportive and healing women's group please visit the Insights website. If you are looking for a deeper connection with yourself and other women call 214.356.7646 or email amy@innerevolutioncoaching.com to reserve your spot.

Binge Eating Workshop Do you ever struggle with the following thoughts? "When I start eating I cannot stop.." "I am unable to tell when I am hungry or full anymore...and I can't remember what it's like to know" "Once I start, I just keep eating until I can't take another bite.." Are you worried you might have an unhealthy relationship with food? Join therapists Amie Hamaker and Scott Shafer for a workshop that will explore practical tools for changing your relationship with food. They will address eating disorders, practical metabolic solutions to curb cravings, nutritional advice, and mindfulness and coping strategies to manage stress. This workshop will be held on Monday, March 2nd from 6-8pm at the Insights Collaborative Therapy office. The cost is \$50 per person. To register please call the Insights office at (214) 706-0508 or email us at thinktank@insightstherapy.com

ADDvances in ADHD and Co-occurring Conditions This event is designed for mental health professionals, families, educators, and adults with ADD. Keynote speaker Steven Pliszka, M.D. will address *Advances in Neurobiology*. Twenty breakout sessions will cover a wide variety of topics including behavior management, life skills, medication, educational laws, related conditions and classroom strategies. Author Chris Zeigler Dendy and her husband, Tommy Dendy will present sessions addressing teen issues. Continuing Education credits will be available for psychologists, social workers, LPCs, LMFTs and educators. A limited number of scholarships covering registration and hotel are available for individuals or families coping with ADHD. This event will be held



Saturday, February 28th at the Double Tree Hotel located at 4099 Valley View Lane Dallas, TX 75244.

For further information: www.adda-sr.org, addaoffice@pdq.net, or 281.894.4932

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