Family Counselors Near Me

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It can be very challenging to find information on depression if your life is as busy as it is for most people these days. Having some practical and common sense tips can make all the difference for help in dealing with some tough issues. Use the information in this article to help keep you on track.

Remember to keep a positive attitude. Studies show that people who are depressed often minimize their talents and accomplishments, instead focusing on the negative aspects of their life. Take a page out of the classic children's novel Pollyanna" and make a game out of positivity. In the novel, Pollyanna forces herself to find something good about every situation, no matter how small it may seem.

Work on creating a positive and uplifting social life. Try hard to be more positive and show warmth to your friends and in social situations. Take an interest in them and work on developing and sharing the same interests and activities. Inform your friends and family that you want to be more positive and be more involved in their lives, as opposed to dwelling in your own depression.

It is important for people who suffer from Depression to re-examine their priorities and adjust their expectations. Depressed people often falsely believe that they cannot be happy in life without certain things, such as material possessions, higher wealth and income, or a certain romantic partner. Changing negative thinking patterns and learning acceptance is a great way to improve quality of life.

When you suffer from depression, try not to live in the past. The best thing you can do for yourself is to look to the future. There is always life when you find hope; seeing a bright future ahead of you gives you hope.

Depression is often cyclical. This means that your highs and lows will start to come in waves. If you pay close attention, you may even be able to forecast when the next strong down will come. This can help you greatly as you will be capable of prepare yourself for what is to come.

Although clinical depression is a medically documented disease with roots in your brain's bio-chemistry, you will still be able to trick it sometimes. This basically means that the power of positive thinking will be an incredibly effective trick, as long as you are able to cut the sad moments before they get too strong.

Listening to music is a great way to battle depression, but choose your music wisely. Stay away from music that can bring on sad or moody feelings. Music that makes you feel sad only exacerbates your feelings of depression and hopelessness.

When struggling with depression, consider breaking up your routine. Experiencing the same routine, day after day, can become monotonous and eventually it will start to bring you down. Temporarily changing your routine can get you out of a rut and help to alleviate your depression. Try taking a day off from work and doing something you have never tried before.

If you feel like committing suicide or hurting someone else, it is important that you seek help immediately. These are signs that your depression has gotten out of control and you should get help before it is too late. Do not be scared to tell a professional if you are feeling this way.

As you can see from the advice in the article above it is better to get started with some good advice and deal with the problems of depression than to pretend you are too busy to get started now. Using these common sense ideas can help to make you feel proud that you are moving in the right direction.

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7 CORE VALUES



1 FAITH

We believe that faith expresses itself in action and we share our faith through the work we do. Our faith in Jesus Christ as the one and only Son of God and Savior of the world and our lives impacts everything we do. Our belief in how he loves people guides how we care for and counsel the people we serve.

2 ENTHUSIASM

We bring excitement filled with hope to those we love and those we serve. Our passion to transform lives is contagious. We believe God created us to celebrate each other and the life that He gave us.

3 TEAMWORK

We work together to unleash the potential of every person to achieve extraordinary results. We build authentic relationships and seek ways to serve and support each other. We fight for the highest good of our clients and each other.

4 GROWTH

We are intentional about continually growing into the next best version of ourselves. We are on a quest to learn and surround ourselves with incredible people and resources to become the amazing person God destined us to be. We believe that when we are God's best we can give God's best.

5 EXCELLENCE

We always bring our best. Excellence honors God and those we serve. As ambassadors for Christ, we hold ourselves to the highest standards in the way we love and treat each other and our clients.

6 INTEGRITY

We do the right thing according to God's word. Period. We believe in living an authentic life where we are the same person in private that we are in public.



7 COACHABLE

We believe honest feedback creates a culture of continuous growth where everyone wins. Honest feedback is our love language and we want to be loved. We don't just accept it we seek it out.

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