



# THE INSTITUTE FOR HEALTHY FAMILIES OF NORTH TEXAS

*"helping achieve small miracles!"*

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## **Is Your Glass Half Empty or Half Full?**

*By Dr. Sandra W. Froese, LPC-S, ©2013. All rights reserved.*

This is an old cliché that has a ring of truth! It implies that if you see the glass half full that you are more likely to be positive, happy and see your world as one of abundance. Turn it around and if you see the glass half empty, you may view your world as one of negativity, unhappiness and scarcity. In reality, most of us live in a world of abundance where good things happen most of the time in spite of the fact that we also suffer losses big and small from time to time.

How do we change a negative view of our world? We are talking about depressive thoughts that succumb and overwhelm us for several weeks so that it is difficult to get out of bed, go to work, take care of our family, or take care of daily tasks such as cooking, cleaning and paying our bills on time. If you are experiencing a long-term funk, consider getting screened for depression and receiving treatment. Negative thoughts literally make us sick!

The place to start is with a licensed healthcare professional such as a medical doctor and/or a licensed professional mental health counselor. Medical doctors are qualified to diagnose and prescribe medications to help a patient with a chemical imbalance in the brain such as Serotonin levels to improve mood. This not an exact science so it takes careful monitoring to obtain the right dosage. Most patients feel some relief in approximately two to three weeks--but it does not end there. Treatment is needed with a licensed mental health professional to change irrational beliefs and behavior that led to the depressive illness.

Licensed Professional Mental Health professionals specialize in treating people with a depressive illness using "talk therapy" generally known as Cognitive Behavioral Therapy (CBT) strategies and techniques. The National Association of Cognitive Behavioral Therapists provides a definition and an explanation of the process and you can learn more by going to their website through the link below:

<http://www.nacbt.org/whatiscbt.htm>

Our brains are wired to hold one thought at a time, and even though we pride ourselves in being able to multi-task, we still have to focus on the task before us or we lose track of time, accuracy and proficiency. If you can change your thoughts, you can change your life!

We can teach very young children who are experiencing anxiety and "worries" to "switch channels" just like changing the channels on a TV station. When an unwanted thought enters their mind, they have a pleasant thought in mind that they can "switch channels." Older children can express their thoughts and anxieties in art form, play, games or writing exercises so that as they talk about their fears, they can begin the process of replacing them with positive beliefs and thoughts. For teens and adults, we use an approach to help them to face their issues, examine their thoughts and determine if the thoughts are rational. The purpose is to change negative thinking into rational beliefs and positive thoughts.

If you are suffering from anxiety or a depressive illness, there is hope and help for you. The Institute of Healthy Families of North Texas offers a 30-minute consultation at no charge so you can determine if we are the right counselors for you and so we can determine if we have the resources to assist you.

*For information and to learn more about our counseling services go to our website at [www.texasicounselors.com](http://www.texasicounselors.com) or e-mail Dr. Sandra Froese at [swfroese@sbcglobal.net](mailto:swfroese@sbcglobal.net).*