



# Ecclesia Christian Counseling News

Where the Spirit of the Lord is, there is freedom.

January 2010

## Are You SAD?



Seasonal Affective Disorder (SAD) affects an estimated half million people every winter. It is a mood disorder related to seasonal variations of light and associated with depressive episodes. The most difficult months for SAD sufferers are January and February, with younger persons and women being at higher risk.

### **Don't you know that you yourselves are God's temple and that God's Spirit lives in you?**

(1Corinthians 3:16)

Care for your body. Consider purchasing a light box, surround yourself in an environment that is full of light, exercise regularly, get regular sleep without oversleeping, keep a daily schedule, and make sure you have a healthy diet.

### **For as he thinks in his heart, so he is.** (Proverbs 23:7)

Challenge negative thinking. Our thoughts play a key role in our emotions and in battling the wintertime blues. You may not like winter, but it is important to see that what you believe about your ability to cope with the situation makes a big difference in how you will deal with it.

**Finally, brothers, whatever things are true, whatever things are honest, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report; if there is any virtue, and if there is any praise, think on these things.** (Philippians 4:8)

Focus on the positive. Change hopelessness to hopefulness by choosing to dwell on things which bring you joy, even things you will be able to begin doing again in the spring, after the wintertime passes.

**Two are better than one; because they have a good reward for their labor. For if they fall, the one will lift up his fellow; but woe to him that is alone when he falls; for he does not have another to help him up.** (Ecclesiastes 4:9-10)

Share your feelings. It's important to have one or more support people with whom you can share your feelings. Knowing you can talk to your support people about how you are really doing can make a huge difference and helped you to realize you're not alone in your struggle.

### **Bear one another's burdens and so fulfill the law of Christ.** (Galatians 6:2)

Share and bear burdens. God can use our struggle for a testimony of His grace in our lives. Be on the lookout for people who are going through difficult times and come along side of them. By helping others in their time of need the Scripture promises that we will be taken care of in our time of need.

(Adapted from "Dealing with the Wintertime Blues" by Apostolic Christian Counseling and Family Services, [www.accounseling.org](http://www.accounseling.org))

## Creating Peace and Love in the Family

A parenting book club which addresses sibling conflict through teaching and supporting parenting strategies that can help reduce stress on your self, marriage, and relationships with your children.

This workshop's feature book is "**Siblings Without Rivalry: How to Help Your Kids Live Together So You Can Too**" by Adele Faber and Elaine Mazlish

This workshop will begin February 19 from 6:30-8. The cost of the workshop is \$300 per couple or \$250 if payment is received by February 1.

This workshop is a 6 week group at Ecclesia Christian Counseling in Westminister, MA For further information on this workshop or future groups, or to enroll, please contact Beth Henrickson, LMHC at 978-874-5700.

2 Narrows Road, Suite C-1  
Westminister, MA 01473  
[www.eccounseling.org](http://www.eccounseling.org)

Phone: 978-874-5700  
Fax: 978-874-5701  
E-mail: [help@eccounseling.org](mailto:help@eccounseling.org)

211 Fore Street, Oxford, ME 04270

Phone: 207-890-1380 Fax: 207-743-0305