



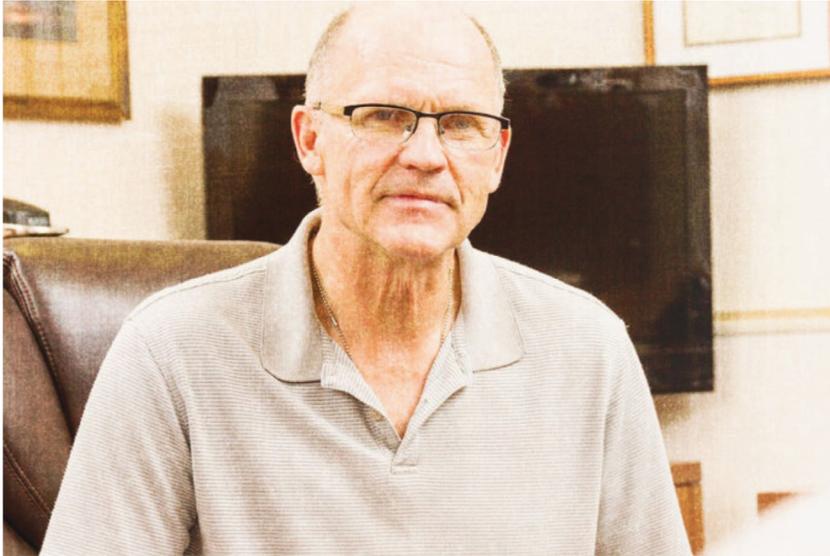
VALLEY CHRISTIAN
COUNSELING CENTER INC.

May Is Mental Health
Awareness Month!

May 2018



A Place of Grace & Healing



Your generosity
provides a place
for men to face
their giants.

A place for **sons,**
husbands, and **dads** to
bandage wounds and
conquer battles.

Thank You, Donors & Friends of Valley,
for Providing a Place for Men

Your support makes testimonies like Matt's possible.*

Matt* had a secret. Most people saw Matt as likeable, caring, and friendly. An honest, hardworking businessman. He volunteered, led Bible studies, and donated to charity.

His family and friends respected him and his mother adored him. You would never know it, but he also had an addiction to pornography. Matt had become pretty good at hiding it. Like a growing number of men, he lead a double life.

"I'm not proud of it. But I'm also not alone." Matt sighed, **"A growing number of men are getting ensnared in the same trap."**

Matt knew that his problem was escalating. It was not that he didn't want to stop; he couldn't stop. He tried everything

he could think of including prayer and confession, but he couldn't break the cycle of temptation, leading to indulgence, followed by guilt and shame, followed by hopeless despair, followed by more temptation, followed by more indulgence.

Finally, by the grace of God, Matt realized he had a serious problem and that he had to get help. A friend suggested counseling.

"I swallowed hard and made a call to Valley Christian Counseling Center," Matt remembered, **"I've now been attending a men's sexual addiction group for over two years, and through lots of education and honest discussion I've found a freedom and a sense of hope I never thought possible."**

INSIDE:

Emotions and Logic

May Is Mental
Health Month

From Dan's Desk

#4Body4Mind

Emotions and Logic

Our counselor Jessie shares how when you “flip your lid” you can actually flip to a different part of your brain; one where logic cannot help until the strong emotions calm down.

You can't use logic to stop an emotional meltdown.

I'm a child therapist. I should know better. But when I've been up since four, my two-year-old is screaming in her room, and my four-year-old is having a massive meltdown in front of me, my own stress goes up and I just want the problem solved.

What my screaming, crying, overtired four-year-old wanted was to sleep in my bed. After about five minutes of talking, trying to settle her down, I proposed a sticker sheet that after so many nights in her bed she could have a sleep-over with me.

This only made the situation worse. She cried harder, said it wasn't fair, it would take too long, and she wanted to sleep in my bed noooooow. Around that

After a couple minutes she stopped, crawled over, and put her head in my lap. I rubbed her head and back, and it was at that point, after she was able to get her emotions out, that we were able to move to her “thinking brain” and come up with some solutions.

She was able to share what it is she likes the most about sleeping in my bed (warm and safe) and we came up with some adaptations to her bed to make it more like mine. Once she was able to think clearly, the idea of working towards a sleepover turned out to be a good idea.

This is just one little example of how kids (and adults) need to “feel felt” when they are experiencing strong emotions. We all need to know

“Around that point I sat on the floor, took my own deep breaths, and said a quick prayer. That little break reminded me that she is just an overtired four-year-old who was completely stuck in her emotional brain.”

point I sat on the floor, took my own deep breaths, and said a quick prayer. That little break reminded me that she is just an overtired four-year-old who was completely stuck in her emotional brain.

What she really needed was a chance to let all that frustration out and then we could move toward calming down and talking. I told her it was okay to get mad and let her anger out. She initially looked at me like I was crazy but continued to scream and kick and pound the floor.

I gave her permission to be upset and sat next to her while she was. (If she would have started to hurt herself, me, or things in her room, it would have been a different story, but that has never been an issue with her.)



that someone recognizes how we are feeling, can empathize with those feelings, and provide some comfort if needed.

Even as adults, there is nothing more frustrating than having a difficult day, wanting to share it with someone, and being told all the things you could have done differently to make sure it went better. **Simply hearing “Wow, that sounded really tough. No wonder you were frustrated” can help us feel understood** and move toward a place where we could look at things differently.

No matter how small the incident may seem, the feelings are very real. Kids need to know that it is okay to have those feelings, that they matter, and that adults will listen to them.

- Jessie Mertz, *Counselor*





May is mental health month.

It is now, more than ever, that the healing ministry at Valley needs your support.

Your gift of \$10 or more can provide a place of grace and healing.

From Dan's Desk

Will you give generously today to help your community tomorrow?

At Valley Christian Counseling Center, we believe that God has given us the unique opportunity to care for mental, emotional, and spiritual hurts and struggles.

Our mission is to provide the Red River Valley with licensed, professional counselors who invite Jesus into brokenness.

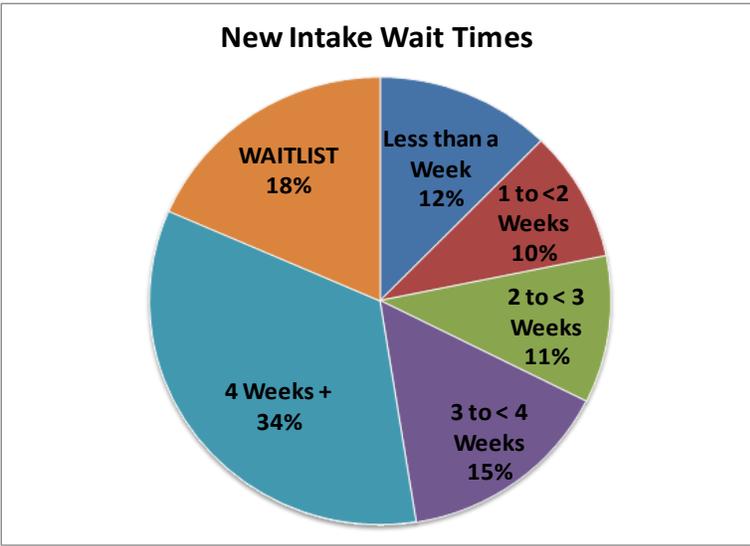
Life at Valley is full of healing and growth. How have we grown over the recent years?

- In 2017 we saw over 1,808* people compared to 1,630* in 2016.
 - In the past 3 years the number of people finding healing at Valley has grown by 63%*.
 - Over 900* people came to Valley for their first appointment in 2017.
- (*due to the nature of our reports numbers are approximate.)

You, our donors, have generously supported us as we grew our counseling staff from 9 to 18 in the past seven years in order to meet this growth.

Even with this growth, some counselors have long wait lists as more people are seeking their

services. As you can understand, this is less than ideal.



It is your continued support that allows Valley to continue to grow and provide more mental health services to our growing community.

Please, prayerfully consider a gift to support to the healing ministry at Valley this month.

Mental Health America is encouraging everyone this May with their Mental Health Month theme of fitness. #4Body4Mind

Mental Health America is encouraging everyone this month to think about how the health of our bodies and minds are often connected. **Follow us on Facebook to learn more and enter for your chance to win a prize on Win-It-Wednesdays!**

DIET AND NUTRITION

The quality of the food you eat can impact your overall physical and mental health.

A HEALTHY DIET DOESN'T HAVE TO BE EXPENSIVE

“A healthy diet can actually be cheaper than junk and processed food. Save money by choosing canned or frozen vegetables and fish, and dried fruits and beans. These are nutritionally similar to fresh foods, stay good longer, and are usually less expensive!”

NUTRIENTS TO KEEP IN MIND

B Group Vitamins They help with immune function.

Vitamin D It can help with energy and mood!

EXERCISE

Staying active can benefit so many aspects of your physical and mental health.

HOW MUCH EXERCISE SHOULD YOU BE GETTING?

“Exercise doesn't have to be done for hours on end. Ten minutes of moderate or vigorous activity at a time, fifteen times a week will get you to the recommended amount.”

“Muscle strengthening activities should be incorporated into your exercise routine twice a week. This includes lifting weights, resistance band exercises, and things like push-ups and sit-ups.”

SLEEP

Your physical and emotional health depends so much on how rested you are.

TIPS FOR A GOOD NIGHT'S SLEEP

- If you can't fall asleep within 20 minutes after going to bed, get up and do something calming until you feel sleepy.
- Get out in the sun—getting natural sunlight during the day helps to maintain your body's sleep-wake cycle. Aim for 30 minutes of sun exposure.
- Avoid exercising 2-3 hours before your bedtime.
- Go to bed and wake up the same time every day.

STRESS

No one likes to be stressed out - especially when it can be linked to poor health.

TIPS FOR DEALING WITH STRESS

Be realistic when taking on more responsibility.

Get a hobby. Gardening, painting, or puzzles.

No one is perfect. Ask for help if you need it.

Compromise. Arguing can intensify stress.

Talk. Allow someone to come alongside you.

Go easy or criticizing yourself and others.

