

the therapy room

Emotional & Psychological Wellbeing

Christmas has been and gone, and for many of us January can bring a dark cloud for numerous reasons.

I approached three counsellors from differing schools of thought, and asked them what they felt was a driving cause of

distress during January, based on their experience within their profession.

Debt and Depression

By Emma – Emhart Counselling

Are you suffering with depression from the aftermath of Christmas – with a pile of bills landing on your door mat?

Quite often, depression triggered by debt, can paralyse people to the point where they feel unable to get themselves to work. For people in this situation Emma of Emhart Counselling has these tips for you...

Firstly, there are agencies that will be understanding of your situation and can help you to organise your finances and agree amounts that you can comfortably pay back to lenders. Christmas is family time, so next year try and make Christmas just as special by saying that family members each buy a token gift, the winner being the person who spends the least and put the most thought into it, great fun and you won't have all this worry in

the new year. Secondly, try and go back to work as you need the money to live and to pay your debts and having something else to concentrate on may help alleviate some of the depression.

Emma's tips on dealing with debt:

- Admit there is a problem.
- Cut up your credit cards.
- Use any savings you may have to pay off your debts.
- Set a budget and stick to it.
- Use cash for all your purchases, and only buy what you can afford.
- If you feel that you cannot deal with it alone, use consumer credit agencies to arrange repayment of debt. Many are free

Citizens Advice Bureau – Tel 01284 717196
Debt Free Direct – Tel 08000 83 14 33



Need to Talk

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Would you like to talk to someone...

- who listens? • who doesn't judge?
- who doesn't tell you what to do?
- who isn't involved?

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Emma Taylor - Qualified Counsellor
MASC (Ad.C.S) (P.Th) (Ad.Crim) MSFTR LAPHM MNACHP

New Year Lethargy

By Camilla – CSN (Counselling Solutions Network)

Entering a New Year can be a big change in focus – parties and time off over, long year ahead. As with all things whatever we put our focus into grows. If we nurture depressing thoughts they will get bigger.

Pay attention to your thoughts and see which ones you encourage. We are not just our thoughts though! If feeling lethargic look also to how you're managing your emotions and physical body. Is your body still suffering from overload? We are like a car, how we run (mentally, physically and emotionally) has much to do with the quality of fuel and how much water we consume. How are you managing your emotions? Do you ignore them and hope they will go away or acknowledge them and move them on? Consider investing in a few sessions of Counselling or Life Coaching to clarify some of these issues and find a realistic way forward.

Family Tensions

By Marjorie – Humanistic Counsellor

The period after Christmas is a time of year when families can be under great pressure. The relationship between parents and children – and between parents and parents – can be a major factor in this.

A Mother and Wife can feel as though she is going round in circles between her children and her husband and may become so tired that can no longer think or sleep.

To tell her that she needs to be more detached will not

help at this point. A good exercise for her in these circumstances is to make a “family map” by choosing a small object to represent each family member (including herself) and to place each object on a large sheet of paper in the position she thinks each family member occupies in relation to one another.

CSN

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