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EFAP

THREE TRAILS EFAP

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EFAP Team



THREE TRAILS OFFICE HOURS:

- Monday 9:00am to 6:00pm
- Tuesday 9:00am to 7:00pm
- Wednesday 9:00am to 6:00pm
- Thursday 9:00am to 7:00pm
- Friday 8:00am to 1:00pm
- Saturday Closed
- Sunday Closed

At first glance, the term “healthy grieving” may seem oxymoronic. What can be ‘healthy’ about the pain and sorrow a person feels over the loss of a loved one or a relationship? But it is the getting through (not past, and there is a difference) the heartache and anguish and the realization that you are still whole that is healthy.

The study of grief was popularized in 1969 when Dr. Elizabeth Kübler-Ross’s book *On Death and Dying* was published. In that book she developed the five stages of grief (denial, anger, bargaining, depression and acceptance) which introduced many people to the idea that grieving was a process which you could start and finish, the thought being that when you worked through the five stages you were finished grieving and life could go on. But as Kübler-Ross herself stated, the stages were never meant to help tuck messy emotions into neat packages. They are responses to

loss that many people have, but there is not a typical response to loss as there is no typical loss. Our grief is as individual as our lives.

This should come as comforting news to those who’ve experienced grief but not in the order listed above; some people don’t even go through all five stages. And guess what? That is okay. The grieving process is healthy when an individual honors the loss while taking care of himself physically (eating right, decreasing work load when possible, getting enough sleep, exercising regularly, receiving and giving touch (hugs or snuggling with a pet) and emotionally (asking for help, asking for company, finding something pleasant to do).

By surviving a major loss and grieving in a healthy manner, you are fortified against the fear of further losses. Your life is enriched by great new potential strengths:
(cont. page 4)



Cari Langley is currently a graduate student completing a clinical internship at Three Trails EFAP.

Cari received her bachelor's degree in psychology from Colorado State University. She is earning a master's degree in both clinical mental health counseling and school counseling. Cari is a member of the Wyoming Counseling Association, the Colorado Counseling Association, and the American School Counselor Association. She is also a member of Chi Sigma Iota, the international honor society for professional counselors.

Cari employs techniques from Client Centered Therapy, Cognitive Behavioral Therapy, and Rational Emotive Behavior Therapy. This theoretical background supports Cari's belief in empowering clients to utilize their strengths to achieve personal growth and desired changes in their lives.

Cari and her family relocated from Colorado to Casper in 2010. She enjoys spending time outdoors with her husband and daughters. Her favorite activities include skiing, hiking, mountain biking, and golfing.

BOOKSHELF



Three Trails Book Review

The Gifts of Imperfection:

Let Go of Who You Think You're Supposed to be and Embrace Who You Are

A book written by Brené Brown

A review by Jamie Leslie

It's not very often that I read a self-help/guidebook that a majority of my clientele could benefit from. However, with the book *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to be and Embrace Who You Are* by Brené Brown, PH. D.; I found myself recommending this book to a majority of my clients. This tells me that we as a society are held and affected by toxic shame and that practicing self-love and embracing imperfections in ourselves is not acceptable. With addictions, depression, anxiety, abuse, grief, suicide, and various other mental health issues not listed; there does seem to be a common core piece of not feeling worthy of love or acceptance that I often see in my clients and honestly in myself. Maybe it is time to make some redefinitions and like Brené Brown notes with this book, develop a grassroots movement to work towards the reframe that our own stories do matter and we don't need a checked off to-do list to prove that we are worthy of love and belonging.

The book itself is easy to read and could be understood by readers as young as fourteen years old. The language is concise and clear, without the psychobabble that can on occasion be found in various other self-help/guidebooks. There is on occasion some curse words utilized in the book, so a parent may want to review it before allowing a minor to delve into it.

The book starts by introducing the reader to "Wholehearted living". Brown refers to "wholehearted Living as living from a place of love and worthiness and embracing imperfection". She discusses cultivating courage, compassion, and connection as tools towards living a wholehearted life. As a counselor, I find the chapter on exploring love, belonging, and being enough to be a powerful chapter that may connect with any human being who has ever tried to "fit-in". It covers pieces of how we create a worthy check list for ourselves (i.e. I will be worthy when I lose ten pounds).

The book also digs into the difference between guilt and shame. With guilt we see that we did something wrong and work to correct it and with shame we view ourselves as wrong and dig a shame hole that doesn't involve creating change. Brown also explores looking into the elements that get in the way. She points out that it's not looking into quick fixes but noting what gets in the way of our goals and our progress.

The author also explores cultivating authenticity. She defines authenticity as "the daily practice of letting go of who we think we are supposed to be and embracing who we are". Authenticity is seen as her first guidepost towards "Wholehearted living". She then notes the other guideposts as self-compassion, resilient spirit, gratitude and joy, intuition and trusting faith, creativity, play and rest, calm and stillness, meaningful work, and the last guidepost is laughter, song and dance.

I would recommend this book not only for those who experience self-esteem issues, but for anyone who has held themselves to a list of extreme expectations filled with "supposed to, should, could, would" and other labels that involve self-judgment (i.e. shame talk) vs. acceptance (i.e. guilt talk). Remember as a benefitted member of Three Trails, EFAP, you may check out any book that we have in our library for two weeks. We currently have two copies of this book in our library.

SEPTEMBER is Suicide Awareness Month

Nearly 3,000 people on average die by suicide daily, according to WHO (World Health Organization). For every person who completes a suicide, 20 or more may attempt to end their lives.

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicide is the third leading cause of death among young people and is often the result of mental health conditions that affect people when they are most vulnerable.

About one million people die by suicide each year. Suicide is a major preventable cause of premature death which is influenced by psycho-social, cultural and environmental risk factors that can be prevented through worldwide responses that address these main risk factors. Suicide is a serious public health problem that takes an enormous toll on families, friends, classmates, co-workers, and communities as well as on our military personnel and veterans.

One conversation can change a life.

**SUICIDE
PREVENTION
AWARENESS
MONTH**

Know the Warning Signs

- Threats or comments about killing themselves, also known as suicidal ideation, can begin with seemingly harmless thoughts like “I wish I wasn’t here” but can become more overt and dangerous
- Increased alcohol and drug use
- Aggressive behavior
- Social withdrawal from friends, family and the community
- Dramatic mood swings
- Talking, writing or thinking about death
- Impulsive or reckless behavior

Is There Imminent Danger?

Any person exhibiting these behaviors should get care immediately:

- Putting their affairs in order and giving away their possessions
- Saying goodbye to friends and family
- Mood shifts from despair to calm
- Planning, possibly by looking around to buy, steal or borrow the tools they need to commit suicide, such as a firearm or prescription medication

If you are unsure, a licensed mental health professional can help assess risk.

Risk Factors for Suicide

Research has found that about 90% of individuals who die by suicide experience mental illness. A number of other things may put a person at risk of suicide, including:

- A family history of suicide.
- Substance abuse. Drugs and alcohol can result in mental highs and lows that exacerbate suicidal thoughts.
- Intoxication. More than one in three people who die from suicide are found to be currently under the influence.
- Access to firearms.
- A serious or chronic medical illness.
- Gender. Although more women than men attempt suicide, men are four times more likely to die by suicide.
- A history of trauma or abuse.
- Prolonged stress.
- Isolation.
- Age. People under age 24 or above age 65 are at a higher risk for suicide.
- A recent tragedy or loss.
- Agitation and sleep deprivation.

Can Thoughts of Suicide Be Prevented?

Mental health professionals are trained to help a person understand their feelings and can improve mental wellness and resiliency. Depending on their training they can provide effective ways to help.

Psychotherapy such as cognitive behavioral therapy and dialectical behavior therapy, can help a person with thoughts of suicide recognize unhealthy patterns of thinking and behavior, validate troubling feelings, and learn coping skills. Medication can be used if necessary to treat underlying depression and anxiety and can lower a person’s risk of hurting themselves. Depending on the person’s mental health diagnosis, other medications can be used to alleviate symptoms.

Crisis and Information Resources

- I’m in crisis or am experiencing difficult or suicidal thoughts: National Suicide Hotline 1-800-273 TALK (8255)
- I’m looking for more information, referrals or support: NAMI HelpLine 800-950-NAMI (6264)

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or call 911.

Healthy Grieving (cont. pg. 1)

- 1** - Increased ability to live with impermanence—surviving major loss strengthens your ability to live life fully through its ups and downs.
- 2** - Increased capacity to take on new challenges—knowing you can survive makes the anticipated pain of possible failure less of a threat and frees you to enjoy creativity.
- 3** - Increased wisdom—since loss illuminates the preciousness of life, you can now see more clearly what is most important to you and live life accordingly.
- 4** - Increased maturity—when you take care of yourself as you grieve, you remain open to others but less dependent upon them.
- 5** - Increased capacity to relate closely to others—although you might be initially fearful, you will ultimately be less afraid to enter close relationships because you now know that you can survive the loss of them.

It is our hope here at Three Trails EFAP that if a major loss occurs in your life, you find within yourself the fortitude to grieve in a healthy way and, if you need help doing so, please call us at 307-237-5750. Let us help you to learn and implement the tools you can use to move through your grief and realize your potential for wholeness.

We are hosting a Healthy Grieving seminar at Casper College later this fall. Continue to check back on our website for further details at www.threetrailsefap.org.



Three Trails EFAP is pleased to offer the Becoming a Love and Logic Parent® class beginning October 8th. This class is open to parents and caregivers of children of any age. Topics will include: addressing daily challenges of raising responsible and respectful children, how to neutralize arguments, using empathy to foster a strong relationship, and how to help children learn joys and heartaches of making decisions. Participants will gain practical skills that can be used immediately. Three Trails is an independent facilitator of this research based program.

- * **PLACE:**
Casper College
Thorson Business Inst.
BU, room 309
- * **TIME:**
5:30 - 7:00 PM
- * **DATE:**
October 8 - November 6
(every Thursday)
- * **COST:**
Class is FREE to employees and their immediate family members.
Books are \$10.00 and may be shared.

Visit our website today to register and guarantee your spot!
www.threetrailsefap.org/event

The Key to the Forgotten Wallet

From Kokology, The Game of Self Discovery
by Tadahiko Nagao and Isamu Saito

It's a morning like any other: last-minute preparations before you run out the door. Hair? Check. Clothes? Check. Everything's ready to go . . .

You get on your way at the usual time, but halfway to work you realize your wallet is not where you always keep it. A quick search confirms the worst – you left it at home! And there's no time for you to turn around and go back for it. You begin going through your pockets and bags to see how much spare cash you have to get you through the day. How much money do you find?

Key to the Forgotten Wallet

- The amount of cash you found represents the amount of money you forget about in your daily life; money you don't rely on being there. It also represents the amount of money you feel comfortable lending to others. Just how much did you say you found?

About ten or twenty dollars? That seems like a reasonable figure.
More than a hundred? You're probably popular with friends just before payday.
Nothing at all? Maybe you're broke, or are you just cheap?

