

# PREVENTATIVE WELLNESS

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It's important to visit the doctor when you're feeling bad but it's likewise as important to work with your doctor to develop a plan to stay healthy. This is called preventative medicine. Preventative medicine is equally as important when we're talking about your mental health. Here at Three Trails we are always willing to see clients who are in the midst of crises, whether it be depression, anxiety, PTSD, grief or marital conflict. But we also want to help you try to handle these issues when you first recognize them and keep them from becoming debilitating. The counselors at Three Trails share this goal with the employers who provide this counseling as a benefit to you. Simply put, a healthy (both mentally and physically) employee is a more productive employee.

Several studies show that preventative mental health counseling can reduce the negative effects of anxiety, depression and marital conflict. Three Trails strongly believes that getting help sooner often means you'll need less time in therapy. And the benefits of being in counseling extend not only to the workplace but to your relationships with family and friends as well. We understand the stigma that accompanies the need for mental health counseling. But we also know that once someone enters counseling and has a positive experience, they are far more likely to share that good news with others. One of our goals at Three Trails is to reduce the stigma associated with mental health. And when benefited

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# Three Trails Book Review

*Book Review of Dennis Greenberger's and Christine A. Padesky's "Mind Over Mood: Change How You Feel by Changing the Way You Think"*

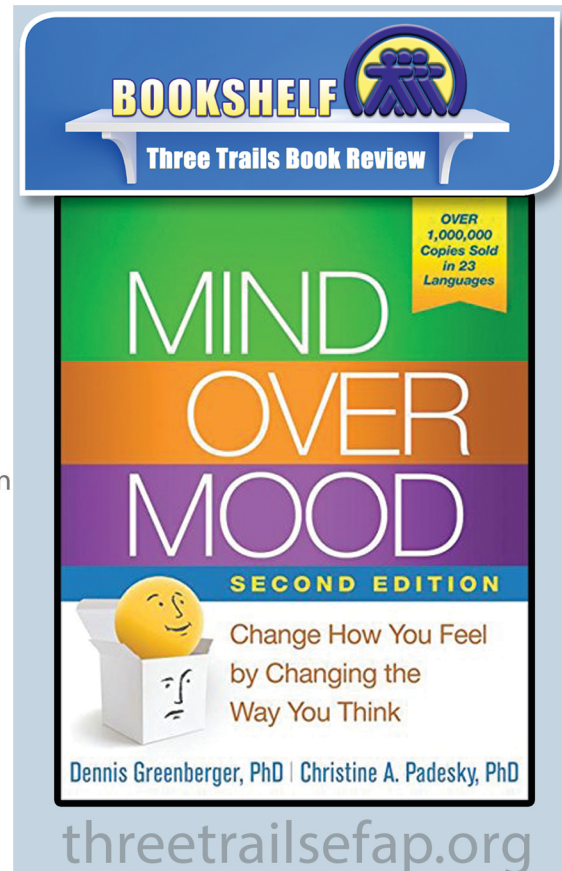
*by Jamie Leslie*

This book is based off of a form of therapy known as cognitive therapy. Cognitive therapy is considered one of the most successful forms of psychotherapy. It is a form of therapy that examines the thoughts and beliefs that connect to our moods, behaviors, and events in our lives. Cognitive therapy often looks at how our perceptions (thoughts) about an event or experience influence our emotional response.

The book is more of a workbook that allows the reader to fully engage in developing skills to make fundamental changes in moods. Each chapter has various exercises for the reader to complete. The first part of the book is written to focus on understanding the problems the reader is struggling with and moves the reader through exercises that help them reframe thoughts in order to improve on mood and behaviors.

As a therapist, I have often utilized the exercises from the book with clients. The workbook is easy to work through and slowly moves the reader through the different exercises. It invites the reader to utilize the different exercises on their own or with the help of a therapist. The book not only works on reframing thoughts but also looks at improving on behaviors and environment.

Overall, if you are looking for an interactive workbook to help battle anxiety and depression, "Mind Over Mood: Change How You Feel by Changing the Way You Think", would be a therapeutic resource to use. It utilizes cognitive therapy strategies, which have been proven to be an effective form of therapy. It can be found in the Three Trails lending library.



## Preventative Wellness (cont. from page 1)



employees come in for counseling before issues become overwhelming, our goal becomes easier.

With prevention in mind, we want to bring to your attention that if you are considering coming into Three Trails and your schedule is flexible, you can often be seen within 48 hours of your call. Currently, while our director is on maternity leave, we have one full-time therapist and three part-time therapists. Two of our part-time therapists are taking new clients but they can't see anyone before 3:00pm. Our full-time therapist sees clients all day long but has much more availability before 2:00pm. If you can't leave work for an hour during the day and are limited to appointments after 4:00pm, you are probably going to be put out anywhere from one to three weeks. If you can arrange to free up

an hour in the morning or early afternoon, you can be seen much sooner.

We hope you will consider your mental health to be just as important as your physical health and schedule an appointment with us accordingly. Make it a goal this new year to achieve the mental health you deserve.



# Introducing Our New Counselor

We are excited to announce that we now have a new part-time counselor. Lesley Travers will be joining the Three Trails EFAP staff starting November 16th. Lesley is also the current Dean of School of Business and Industry at Casper College. She has a Ph.D in Counselor Education from the University of Wyoming with an emphasis on Higher Education and Marriage/Family Therapy.

She comes to us with three licensures. She is a Licensed Addictions Therapist, Licensed Professional Counselor, and a Licensed Marriage and Family Therapist. She is also a National Board Certified Counselor.



Lesley is also a trained EMDR level I and level II counselor. This form of therapy is most effective with PTSD or any other forms of trauma.

We are excited to have her join us and look forward to the amazing things that she will provide for our clients and member organizations.

## Three Trails Outreach!

### **UPCOMING OUTREACH:**

#### **Financial Literacy Class**

*Class will be presented by First Interstate Bank*

**Date:**

March 21st at 5:30 pm

**Location:**

Central Services Facility;  
970 North Glenn Road, in the Jefferson Room

**Class size:**

Limited to 20 participants and open to all benefited employees

**Sign up:**

Go to the Survey Monkey link:

<https://www.surveymonkey.com/r/DVMRTQ3> and register.

**Questions?**

Call 307-237-5750



### **RECENT OUTREACH:**

*December 15, 2016*

Three Trails had a presentation on "Helping Your Days Be Merry and Bright: Goal Setting for the Holidays and its Positive Mental Affects" for The City of Casper.

***Three Trails would love to offer an outreach workshop, class, or orientation presentation for your worksite. Speak to your Human Resource director so we can set one up for you. Please call us at 307-237-5750 to arrange an outreach presentation.***



## Wellness Tidbits of a Three Trails Counselor

By Jamie Leslie

In our usual newsletter, we include a fun psychological test. This time, I thought it would be nice to change things up. I often have clients ask me what counselors do to improve on their own wellness, so this article will give you a glimpse into how I sneak exercise into my daily routine.

We all know that there are great benefits to exercise. It benefits your general physical health as well as emotional health. It is often the most natural way to reduce depression and anxiety. Yet it is difficult to find the time to exercise. Finding time to exercise is also difficult for counselors to accomplish. Our jobs generally involve long periods of sitting while we engage our clients in the counseling process. So what I found that works for me is to sneak it in.

I will often sneak in some effective stretching in between clients. When I walk out the door of my office I will stretch my arms to grab the top of the door and I will often do cross arm stretches. I also utilize times when I am in my chair working on clinical notes to do some chair yoga. You can find lots of different chair yoga routines online. Type in <http://www.livingwordsofwisdom.com/chair-yoga.html> to print off some printable yoga routines. Another way I sneak in exercise is by utilizing the stairs at work. If the day is nice, then I will sneak a walk around the neighborhood block in during my lunch hour.

The challenge I would leave with you is to find ways to sneak exercise into your daily routine. Exercise doesn't have to involve finding time to go to the gym. Use the environment that you are familiar with (i.e. your work or home environment). If you have stairs, challenge yourself to go up and down them several times in the span of a day. When you walk through a door frame, give yourself the opportunity to stretch your arms. But the best advice I would offer is to do what works for you. You know your routines and your environment better than anyone else. Give yourself one change that would be realistic and do-able and give sneaking in exercise a try.

