

## Work-Life Balance: Does it Exist?

By: Kerry Smith, B.A.

The American Dream is to have it all: the perfect career, the perfect family, and the perfect relationship. Americans are working more and more hours every year to keep up with the economy, and family and life responsibilities never seem to end. Especially in the summer time when kids are out of school, it can feel like an impossible juggling act to try to manage it all and achieve what some call “work-life” balance.



### Let Go of the Guilt

Many parents feel a great amount of guilt for spending time on their careers that takes away from time with their families. Try to think about how your career can benefit your family, such as providing future educational opportunities for your children. Reach out to other parents who may feel the same, through blogs such as “Working Moms Against Guilt.”

### Make Family Time Count

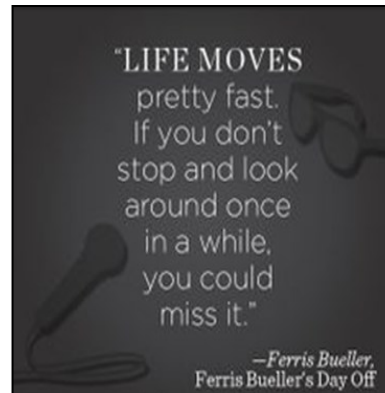
Try to build time into your schedule to have monthly date nights and weekly family board game or movie nights. Having regularly scheduled family activities helps everyone stay organized and gives everyone something to look forward to. When you spend time with your family, try to avoid talking about work or checking your phone. Focus on your children or partner’s interests so that you can stay connected.

### Make Time For You

In order to be the best “you” in all of your roles, you need to take care of yourself as well. Many people take care of everyone else before thinking about doing anything for themselves. A little relaxation can go a long way, and you don’t need to make big changes to bring more balance to your life. You can set realistic goals for yourself, such as spending one hour a week on a hobby, or taking 10 minutes per day to read a fun novel, go for a walk, or listen to music.

### Realize You are Not Superhuman

While you can achieve greater work-life balance, you cannot expect yourself to do everything. You can gain control over your life by realizing that you don’t have to try to do everything on your list. Some tasks are more important than others. Ask yourself, “What is the most important thing for me to do right



now?” Do the tasks that only you can do well. Save the laundry and errands for someone else, and attend that parent-teacher conference instead.

### Don't be Afraid to Ask for Help

Asking for help can be scary, but it does not mean we are weak or that we are failing. Express your feelings to your partner and friends when you need support. You are not alone in struggling to balance it all. You can get support from others by trading favors, such as babysitting for carpooling. Lastly, you can seek out counseling at the Ball State Counseling Practicum Clinic and talk to someone about ways to make your life more manageable that work for you.

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## Inside This Issue

MONTHLY GUIDANCE	2
FEATURED YOUTH ISSUE	2
FEATURED MENTAL HEALTH ISSUE	3
STRESS BUSTER WORD SEARCH	3
FEATURED COUNSELOR PROFILE	4
FEATURED WELLNESS ISSUE	5
ABOUT OUR CLINIC	6

# Monthly Guidance

Dear MG,

A few months ago my mother died unexpectedly and I've been struggling with feeling depressed after her death. Although we knew her health wasn't so good, I never expected to lose her so soon. I've heard about grief but I'm getting nervous that I might not get past this. Is this normal?

Sincerely,

Saddened Son

Dear SS,

Losing a loved one is a painful experience and difficult for so many people. First, grief is a natural response to loss and it includes the emotional reaction we have to losing something or someone we love. The more significant the loss, the most intense the grief might be. Any loss can cause grief, including:

- Divorce or relationship breakup
- Losing a job
- Death of a pet
- Death of a family member or friend

Second, everyone grieves differently! The grieving process takes time, and there is no "normal" timeframe for grieving. Healing takes time, and it cannot be rushed or hurried.

Third, people experience grieving differently. Some common symptoms of grief include:

- Shock and disbelief
- Sadness
- Guilt
- Anger
- Fear
- Physical symptoms, including nausea, insomnia, and others

The stress from a loss can also reduce your energy and leave you feeling exhausted and tired. It is important

during this time to take care of yourself and find support from family, friends, or other loved ones.

Also, if you feel you would like some other help with your grief, many of the counselors at the Ball State University Practicum Clinic are trained to work with clients who struggle with grief and loss.

*Monthly Guidance [MG] is here to answer questions about relationships and personal issues. If you would like to ask MG a question, you may call the Ball State Counseling Practicum Clinic and leave an anonymous message for MG. Or, you may send your question in writing to the address on the back page of this newsletter. If you choose to ask MG a question, the identity of the person submitting the question will remain completely anonymous. Please keep in mind when writing your questions that space is limited. Due to time constraints, MG cannot answer all questions, but will try to choose questions that are representative of a broad range of issues. If your question does not get answered and you would like to discuss it, please call Ball State Counseling Practicum Clinic at (765) 285-8047.*

*Please be advised that MG is neither a crisis/emergency service nor a correspondence therapy service. If you need either immediate attention or ongoing therapy, call Ball State Counseling Practicum Clinic at (765) 285-8047.*

## Featured Youth Issue: Choose Respect. Give It, Get It.

By: Fallyn M. Lee, B.S.

In 2007, a young Indiana woman named Heather lost her life at the hands of her ex-boyfriend. After that tragic event, Heather's family started a campaign to bring dating violence prevention programming into Indiana schools so other families might not go through the same loss. In 2010, the Indiana Department of Education passed "Heather's Law", which required the state to develop and put into action classrooms interventions aimed at educating students about the dangers of dating violence and unhealthy relationships. Since then, Ball State's counseling students go to area classrooms to talk to middle school and high school students for the same reasons.

Using a program developed by the Center for Disease Control through a partnership with the Women's National Basketball Association, counselors were able to teach students about a number of factors that impact relationships.

The Choose Respect program introduces a film that tells the stories of teens in unhealthy dating relationships, and includes the stories of both partners in the relationship. Many students have said they are surprised to hear both sides of the story, and how easy it is to slip into unhealthy dating patterns. The Choose Respect program focuses on how to treat others as well as expectations for how one should be treated.

After the first lesson, some schools chose to talk about media portrayal of men and women-both on their own and in relationships. Other classrooms chose to

host a fake talk show with their students, giving them scenarios of dating violence and asking them to make up what they might say to a friend who was in a violent relationship. Students got to play a trivia game about the traits of healthy relationships, prevalence of dating violence, and other information they learned about during the program. The last day in the classrooms with students was focused on answering and unanswered questions.

This year, the Ball State Counseling Psychology program sent over 15 counselors into more than five local classrooms. Each classroom had roughly twenty students, meaning that 100 or more Delaware County youth are more informed about how to have healthy and happy relationships. For more information about Choose Respect, please visit [www.ChooseRespect.org](http://www.ChooseRespect.org).

# Featured Mental Health Issue:

## Adjustment Disorder

By Lauren Floore, B.A.

Adjustment Disorder is another way of saying you're having a hard time adjusting to a major life change (death of a close family member or friend, loss of job, loss of home, relationship violence, etc.). Most of the time people are able to deal with this on their own, but other times it is hard for a person to function on a daily basis and they might need some outside help. Adjustment Disorder is very different from grieving. It is normal for a person to be sad or upset after the loss of a family member or a stressful situation, but Adjustment Disorder is grieving beyond what has been considered to be the normal amount of time.

This time of year it is very common for people to begin noticing symptoms of Adjustment Disorder. Parents are used to their children being in school, where they know they are safe and are not getting into any trouble. This transition may bring worry about who is going to watch children, or if they are old enough to stay home alone, what are they getting in to.

These are some things that you should look out for if you think you might be experiencing Adjustment Disorder:

- Feeling more anxious or nervous
- Feeling sad and hopeless
- Shaking or twitching
- Difficulty with social, work-related, or other areas of life

To be diagnosed with an Adjustment Disorder the above symptoms must have taken place:

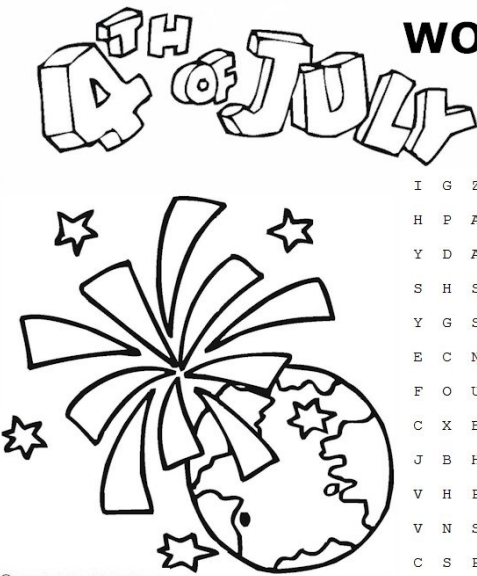
- Within 3 months of the stressful event
- Symptoms are worse than expected
- They are not symptoms of mental health diagnosis, such as depression or anxiety
- Symptoms are not a normal part of grieving

If you feel like you or someone you know may be dealing with a difficult adjustment, there are a few things you can do to help. Counseling is always a good option; having someone to talk to can help a lot. Another option people might consider is talking with



friends or family to work through feelings. If you prefer working through it on your own, journaling might be easier. Journaling is a good way for someone who does not feel comfortable talking to someone they do not know to get their thoughts out. Sometimes people will share their journal entries with others, and sometimes people will keep them private. Finally, counseling is always a good option! Having someone to talk to can help a lot, especially when that person is trained to assist with difficult adjustments.

## Summer Fun Word Search



### WORD SEARCH

BANDS	INDEPENDENCE
BLUE	PARADES
FIREWORKS	RED
FLAGS	SPARKLERS

I	G	Z	W	H	I	T	E	O	D	F	B
H	P	A	R	A	D	E	S	E	N	X	Z
Y	D	A	L	C	O	L	R	U	D	B	A
S	H	S	K	R	O	W	E	R	I	F	R
Y	G	S	E	S	E	U	L	B	G	Z	H
E	C	N	E	D	N	E	P	E	D	N	I
F	O	U	R	T	H	O	F	J	U	L	Y
C	X	B	S	R	E	L	K	R	A	P	S
J	B	H	S	M	G	L	Q	M	Q	L	O
V	H	P	L	V	O	U	S	D	M	P	D
V	N	S	D	N	A	B	D	O	X	C	S
C	S	P	L	T	F	L	A	G	S	F	L

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# Featured Profile

## Cady Williams, M.S.

By: Lauren M Cunningham, M.S.

*This column is a way for the community to learn about the diverse talents, both master's and doctoral students, employed at Ball State's New Combined Clinic.*

Cady is currently a second-year doctoral student in the Department of Counseling Psychology. She is currently working in the Practicum Clinic and will work at Open Door with Dr. Kruczek next year. The following is a discussion with Cady, one of the many talented individuals employed at the Ball State University Combined Clinic.

### **How did you decide to pursue your PhD in Counseling Psychology?**

Even though I have spent the last eight years working as a school counselor, I knew back then that someday I wanted to pursue a PhD in Counseling Psychology. It took an aligning of the stars for me to start back to school in August 2013. I really enjoy learning and feel like counseling psychology is the perfect fit for me, clinically and scientifically.

### **What are your clinical interests?**

I am interested in working with children/adolescents in a rural setting. I grew up in a small little town in Idaho and someday plan to return to the Mountain West. I am interested in prevention efforts, positive psychology, and experiential therapy (i.e., recreation therapy).

### **Are you currently doing any research? (could you please describe past research too)**

Last semester I helped on a research team that measured heart rates and skin conductance levels (peripheral measures) and how these were influenced by different types of music. I am amazed at mind-body connections and I love learning about neuropsychology.

### **What has been your most influential (or exciting, or enjoyable) work experience?**

In a small school in Wyoming I ran weekly social skills groups for students in 1<sup>st</sup> – 4<sup>th</sup> grade. It was a lot of fun and very rewarding. The students were able to practice specific skills in a safe place and then incorporate them in their classrooms and home environments. Also at this school I was able to coach high school basketball, which was great and provided me an opportunity to work with students in a different environment.

### **Are there any populations that you especially enjoy working with in counseling?**

Adolescents are my favorite. There's just something about that age that I find so fun to work with. Most adolescents seem to have some insight into their situation, and are able to put words to their emotions. They are resilient, funny, and energetic, and I enjoy working with them.

### **What do you hope to do after you graduate?**

After I graduate I want to work with children and adolescents in some capacity, maybe at a children's hospital. I plan to incorporate my love of sports and nature into therapy, as well. I also want to coach high school basketball and on weekends ride horses in the mountains of Montana and Wyoming.



Cady Williams, doctoral student in the Department of Counseling Psychology

# Featured Wellness Issue

## Summer Health: Staying Safe in the Summer Sun

By: Tacianna Oliver, B.A.

After a long and harsh winter, summer has finally arrived! On the bright side, summer is our opportunity to get outside and increase our activity level after being cooped up inside all winter! Summer means that kids are out of school, families may go on occasional getaways, and there are opportunities for outdoor activities like bike riding, barbecues, and pool parties. However, the warm temperatures also increase our risk for heat-related illnesses, sunburns, and dehydration. Staying healthy in the summer means more than just eating well. As you plan time outside, think about the following tips to make your summer enjoyable and healthy!



- After the cold winter, many of us are ready to soak up the sun. It is important to avoid sunburns, which can increase our risk of skin cancer. Slather on sunscreen that protect against both UVA and UVB rays with at least SPF 15 or (look for labels that say “broad spectrum” or “UVA/UVB protection”). Generously apply sunscreen about half an hour before going into the sun and use it even on cool or cloudy days. Pay special attention to sunscreen usage between 10 AM and 4 PM because UV rays are strongest and do the most damage then.
- Indiana is plagued by hot summers, and heat-related

illnesses are all too common. When playing outside, wear light colors, a hat with a wide brim, sunglasses, and plan strenuous activities during the cooler parts of the day or while inside.

Staying hydrated is also very important. Drink plenty of water in the summer regardless of activity level. We should all avoid waiting until we're thirsty to drink and instead, make a habit of drinking throughout the day. We can still enjoy soda, milk, juices, and iced tea, but water will best prevent dehydration and will replenish energy levels while we soak up the sun!

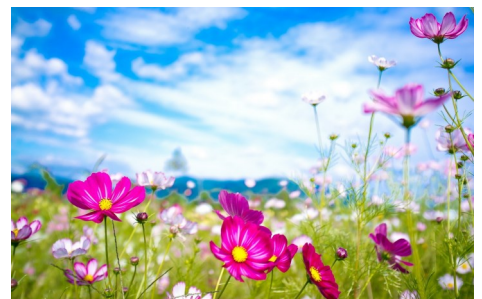
- Begin an exercise program! For those who are already avid exercisers, take some time to switch up routines to some outdoor activities like hiking, swimming, biking, kayaking, or tennis. For those who live close enough to work, perhaps save some gas and get some exercise by biking or walking. If walking or biking to work isn't an option, consider walking a few times per week. There is a scenic path along White River Boulevard suitable for bikers, walkers, and runners. Be sure to skip those stylish summer sandals and wear comfortable and supportive shoes
- Take advantage of summer foods. Try to include a fresh fruit serving in the morning and a vegetable dish with lunch or diner. Minnetrista hosts Farmers Markets most Saturdays in the summer from 8 AM until 12 PM. Check out local market-fresh finds and homemade treats brought to you



by the local community!

Perhaps most importantly, take some time to enjoy nature! The summer will go by quickly, so make an effort to relax, notice your surroundings, and live in the moment!

For more information, visit [www.healthy.net](http://www.healthy.net), <http://www.goodhealthrewards.com>, and the [www.cdc.gov](http://www.cdc.gov).



**Ball State University Counseling Practicum Clinic**

Ball State University  
Teachers College 621  
Muncie, IN 47306

**Mind Matters Contributors**

**Editor:**

Lauren M Cunningham, M.S.

**Staff Contributors:**

Tacianna Oliver, B.A.

Kerry Smith, B.A.

Fallyn M. Lee, B.S.

Lauren Floore, B.A.

**Clinic Director:**

Dr. Theresa Kruczek

**Clinic Coordinator:**

Amber Spaw

# Mind Matters

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**Ball State University  
Counseling Practicum Clinic**  
Phone: (765) 285-8047

**Teacher's College  
Intersection of Riverside and  
McKinley Ave**

## Ball State University Counseling Practicum Clinic: Serving the Community Since 1969

**Mission**

- The clinic is a training and research facility for the Department of Counseling Psychology and Guidance Services.
- The clinic provides high-quality, low-cost psychological services to the Delaware County community and beyond.

**Service Providers**

- Over 50 graduate student counselors under the supervision of faculty.
- Faculty supervisors are licensed psychologists and counselors.

**Services Offered**

- Individual Counseling
- Couple Counseling
- Family Counseling
- Child/Adolescent Counseling
- Group Counseling with a focus on:
  - Parenting
  - Social skills
  - Anger control
  - Issues of concern to children and adolescents

**Hours of Operation**

- August-May (Spring & Fall)  
9 AM to 9 PM M-Th  
9 AM to 12 PM Fri
- May-August (Summer)  
9 AM to 8 PM M-Th  
Closed on Friday
- The clinic is closed during university vacations and holidays.

*All clients have the right to receive timely, competent counseling services consistent with the ethical principles and guidelines established by professional organizations. All counseling services provided at the Counseling Practicum Clinic are guided by the Ethical Principles of Psychologists and Code of Conduct, the Code of Ethics and Standards of Practice of the American Counseling Association, the American School Counseling Association, the American Rehab Counseling Association, the General Guidelines for Providers of Psychological Services, and the Specialty Guidelines for the Delivery of Services by Counseling Psychologists.*

**We're on the Web!**

<http://cms.bsu.edu/Academics/CollegesandDepartments/Teachers/Departments/CounselingPsych/Practicum.aspx>