



Balanced Living

Michael Byler, LPC
110 Mansell Circle
Suite 103
Roswell, GA 30075
678.881.9870

As a single footstep will not make a path on the earth,
So a single thought will not make a pathway in the mind.
To make a deep physical path, we walk again and again.
To make a deep mental path, we must think over and over
the kind of thoughts we wish to dominate our lives.

Henry David Thoreau

Your thoughts, feelings, and words are constantly creating your future. If you are practicing affirmations in the morning, but negating them the rest of the day, your future will be the same as your present is now! Practice the tips below and welcome positive changes into your life!



1. When you wake up in the morning, notice what you're thinking and feeling about the day ahead of you. Are you excited about it or dreading it? Regardless of your situation, you can choose a positive focus. Throughout the day take note of your thoughts and create realistic positive ones.
2. Focus on the moment. Too often people spend a lot of time being concerned about the past and feeling anxious about the future. The "right now" is what gives direction to the future.
3. Stop criticizing yourself about anything! Accept who you are and where you are right now. Criticism and guilt keep you locked in old patterns.
4. Let go of:
What ifs.... I should.... Why didn't I? These cause guilt and keep you stuck in the past.
5. Consciously think about what you want and believe that anything is possible. This way of thinking carries a lot of weight toward future possibilities.
6. Create enthusiastic thoughts for the future you want. Say them and think them often to wear a deep mental path in your brain.
7. Take a few minutes each morning and each evening to visualize the life you want. Fill in all the details and feel it become a reality.

Newsletter Content

- Thoughts That Make a Deep Impression.
- Disability Awareness Month.
- Mental Health Resources.

"If you change the way you look at things, the things you look at change"



Disability Awareness Month

and Mental Illness Awareness Week

October is Disability Awareness Month. In addition, a week in early October is usually designated as *Mental Illness Awareness Week*. The National Alliance on Mental Illness (NAMI) is the organization behind this week. This year it is October 4 – 10. The National Alliance on Mental Illness was founded in 1979 as a nonprofit, grass-roots, self-help, support and advocacy organization of consumers, families, and friends of people with severe mental illnesses, such as schizophrenia, major depression, bipolar disorder, obsessive-compulsive disorder, and anxiety disorders.



This organization has done a lot to reduce the stigma of persons suffering from these disorders. Serious mental illness affects one in four families living in the U.S. About 60 million Americans experience mental health problems in any given year and one in 17 live with the most serious conditions. Research has shown that treatment works and recovery is possible but only half of the people living with mental illness receive mental health care.

Untreated mental illness impacts every member of our community. We need to remove the stigma attached to mental illness, which can be achieved only through awareness and education. We can fight stigma by talking about mental illness and accepting those who live with it, which will lead to better mental health care services and the hope for recovery.

Misconceptions about mental illness contribute to the stigma, which leads many people to be ashamed and prevents them from seeking help. Dispelling these myths is a powerful step toward eradicating the stigma and allaying the fears surrounding brain disorders.

Nine Myths about Mental Illness

Myth #1: Psychiatric disorders are not true medical illnesses like heart disease and diabetes. People who have a mental illness are just "crazy."

Fact: Brain disorders, like heart disease and diabetes, are legitimate medical illnesses. Research shows there are genetic and biological causes for psychiatric disorders, and they can be treated effectively.

Myth #2: People with a severe mental illness, such as schizophrenia, are usually dangerous and violent.

Fact: Statistics show that the incidence of violence in people who have a brain disorder is not much higher than it is in the general population. Those suffering from a psychosis such as schizophrenia are more often frightened, confused and despairing than violent.

Myth #3: Mental illness is the result of bad parenting.

Fact: Most experts agree that a genetic susceptibility, combined with other risk factors, leads to a psychiatric disorder.

Myth #4: Depression results from a personality weakness or character flaw, and people who are depressed could just snap out of it if they tried hard enough.

Fact: Depression has nothing to do with being lazy or weak. It results from changes in brain chemistry or brain function, and medication and/or psychotherapy often help people to recover.



Michael Byler, LPC

110 Mansell Circle
Suite 103
Roswell, GA 30075
Phone: 678.881.9870
Fax: 678.905.7057



*Providing Professional
Counseling Services in
Northwest Metro
Atlanta, Georgia.*

E-Mail:
mike@michaelbyler.com
Web Site:
<http://www.michaelbyler.com>

Myth #5: Schizophrenia means split personality, and there is no way to control it.

Fact: Schizophrenia is often confused with multiple personality disorder. Actually, schizophrenia is a brain disorder that robs people of their ability to think clearly and logically. The estimated 2.5 million Americans with schizophrenia have symptoms ranging from social withdrawal to hallucinations and delusions. Medication has helped many of these individuals to lead fulfilling, productive lives.

Myth #6: Depression is a normal part of the aging process.

Fact: It is not normal for older adults to be depressed. Signs of depression in older people include a loss of interest in activities, sleep disturbances and lethargy. Depression in the elderly is often undiagnosed, and it is important for seniors and their family members to recognize the problem and seek professional help.

Myth #7: Depression and other illnesses, such as anxiety disorders, do not affect children or adolescents. Any problems they have are just a part of growing up.

Fact: Children and adolescents can develop severe mental illnesses. In the United States, one in ten children and adolescents has a mental disorder severe enough to cause impairment. However, only about 20 percent of these children receive needed treatment. Left untreated, these problems can get worse. Anyone talking about suicide should be taken very seriously.

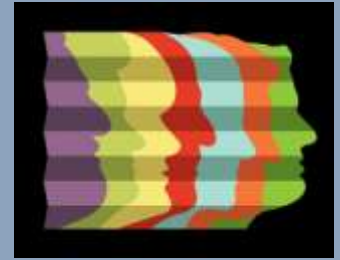
Myth #8: If you have a mental illness, you can will it away. Being treated for a psychiatric disorder means an individual has in some way "failed" or is weak.

Fact: A serious mental illness cannot be willed away. Ignoring the problem does not make it go away, either. It takes courage to seek professional help.

Myth #9: Addiction is a lifestyle choice and shows a lack of willpower. People with a substance abuse problem are morally weak or "bad".

Fact: Addiction is a disease that generally results from changes in brain chemistry. It has nothing to do with being a "bad" person.

Resources



**National Alliance on
Mental Illness**
Colonial Place Three
2107 Wilson Boulevard,
Suite 300
Arlington, VA 22201-3042
(800) 950-6264
(703) 524-7600
(703) 524-9094 Fax
<http://www.info@nami.org>

**National Institute of
Mental Health**
6001 Executive Blvd. Room
8184, MSC 9663 Bethesda,
MD 20892-9663 888-8-
ANXIETY (888-8-269-4389)
[http://www.nimh.nih.gov/
index.shtml](http://www.nimh.nih.gov/index.shtml)

National Suicide Hotline
24 Hours a day
(800) SUICIDE
(800) 784-2433 or
(800) 273-8255
TTY: (800) 799-4889

Mike is a Licensed Professional Counselor in Northwest Metro Atlanta, Georgia. He has been in the mental health profession for 20 years and provides psychotherapy for children, adult individuals and couples. Mike is also a Certified Life Coach and assists others to discover their true potential.

Please feel free to contact him with comments on topics in this newsletter or suggestions for future articles.