

News
from

Daemion Counseling Center

A Place to be Heard Since 1970

•Spring 2009•

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Anger and Stress Management

During hard times people often feel a mix of emotions. They fear the unknown, or may have anxiety about their personal and family situations. Feelings that things may never be the same sometimes results in depression. People sometimes experience anger that they are in a bad situation when they did everything "right". Daemion Counseling Center is here to help people sort through their emotions and find resources within themselves and in the community to help. Daemion is also a safe place to share their fears without alarming their family.

Anger management and stress management work in similar ways, and this is partially because of the similar makeup of anger and stress -- they both have a psychological component. With both anger and stress, the following are generally true:

Perception Affects Anger and Stress

Certain events often trigger anger or stress in many people, but the degree of anger or stress that is experienced has to do with how a person perceives and interprets what is happening to them. For example, two people can be cut off in traffic. One person might interpret the gesture as a lack of respect, a threat to physical safety or a hostile gesture, and get angry. Another person may figure that the offending driver may not have seen them, or might be wrapped up in their own thoughts, and let the event roll off their back. In both cases, there was a stimulus, a belief, and a response; the belief, or interpretation, of the stimulus is what led to the different responses.

Some People Are More Prone To Anger And Stress

Some people have inborn personality traits that make them more susceptible to anger and stress. For example, some people are naturally more observant than others; this can make them more likely to notice things that might make them angry—things that may go unnoticed by someone else. Some people are naturally less comfortable with change, which can also cause stress and anger in certain situations. Other people have a low tolerance for frustration, and get more angry more easily than others. Some of these tendencies can be seen early in life, but these tendencies can be softened.

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Anger and Stress Management

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Attitudes Cause Anger and Stress

Our habitual thought patterns, which can be somewhat altered with practice, contribute to our experience of anger or stress. Some people tend to interpret things negatively as a matter of habit. They may attribute someone else's error to malicious or unkind motives, for example. They may take one negative event as a sign that more negative events are to come, which can contribute to anger and stress.

It's How You Handle Anger and Stress That Matters

Anger and stress are natural experiences. The way we deal with anger and stress can make the difference between healthy and unhealthy levels. With stress, for example, we can't always prevent stressful events from occurring; however, managing stress through breathing exercises, journaling or other stress management techniques can neutralize the effects of stress. Likewise, we can't always prevent anger from occurring, but we can work through our anger in healthy ways, and it's not a problem--or we can try to "stuff" anger or express it in negative and unhealthy ways, and it becomes a problem.

Daemion is offering stress management and individual anger management sessions. Please call us at 610-647-1431 to make an appointment.

Good Friends...Fun Times...Great Cause

Join Us for BOWLING

Sunday, March 22, 2009 3pm—5pm

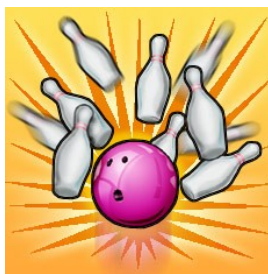
At Devon Bowling Lanes

RT. 30 in Devon

Adults \$20

Kids (12 & Under) \$10

Teams (6 Adults) \$100



Price includes bowling, shoe rental, pizza, beverages, deserts and more.

RSVP by March 13th

Call 610-647-1341 or email sarah@daemioncounseling.org

Philanthropy Made Easy

Did you know that you can easily support our fundraising efforts simply by searching the internet? Try It!

- Go to Goodsearch.com.
- Enter Daemion Counseling Center in the "Who do you GOODSEARCH for box".
- Click verify
- Search as you normally would. It's that easy!

Visit the web for "Donate Now"

Daemion's generous supporters don't have to wait for the mail to donate to our letter campaign. You can now make a contribution to Daemion through the "Donate Now" button on the Daemion website's donation page. There is a minimum donation of \$25 through Google Pay. So save a stamp, save a tree and help Daemion to provide services to those in need.

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Daemion is most grateful for the support of our community in these difficult times.

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by Mr. & Mrs. Bruce Eppinger

Neil Mahoney

by Sean & Mary Mahoney

DCC MISSION & SERVICES

Daemion Counseling Center provides short-term and long-term counseling at our Berwyn location to members of the tri-county area who cannot afford to pay traditional therapy fees.

The center is open Monday through Friday from 9 am to 5 pm. Evening and Saturday appointments are also available.

Call the Center during work hours and receive answers to questions you may have about the benefits of counseling. Daemion's therapists specialize in life issues such as children, teens, divorce, marriage, job loss, re-entering the workforce and first jobs, as well as mood disorders, generalized anxiety, and anger management.

Daemion Counseling Center has been a place to be heard since 1970.



VOLUNTEER ACTIVITIES

Daemion Counseling Center is always in need of volunteers to help us carry out our mission. If you have basic office skills and would like to put those skills to use, please call us at (610) 647-1431.

OPPORTUNITIES TO SUPPORT DAEMION COUNSELING CENTER

- 1) Keep those Acme Tapes coming! Save your receipts from Acme stores in Exton, Paoli, and Phoenixville; or register your Genuardi's club card to participate in their eScrip program (www.escrip.com).
- 2) Contribute through the United Way Donor Choice Campaign. Our agency number is 2897.
- 3) Use benevolink.com to make your on-line purchases and choose Daemion Counseling Center as your charity. Just enter our name, and as a registered 501(c)3 who files a 990, we are listed.
- 4) Thank you for your generosity to our Annual Appeal

