

Thinking Out Loud

A Quarterly Newsletter

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IN THIS ISSUE:

- **Three Things You Can Do Today To Increase Your Happiness**
- **Loving and caring for you**
- **Wondering if you might be depressed?**
- **Smile and The World Smiles with you**
- **New Groups**
- **How you can access additional Debra Joy Goldman articles**

THREE THINGS TO DO TO INCREASE HAPPINESS

Starting today you can increase your happiness. How do you describe happiness? The definition of happiness, for our purposes here, is feeling satisfied, content and fulfilled.



What do you think would make you happy today? Most people answer things like find a job I like, or have more money, or get a larger house. Those things would bring a momentary feeling of happiness. The novelty wears off the and happiness will fade. You are adaptable, These things would stop giving you happiness.

So what can you do? Living a meaningful life, utilizing your gifts, and living with thought and purpose will help.

Here are three things to start today.

- Gratitude: Tell one-person everyday you are grateful for them. Write it in a letter or e-mail. At the end of the day write a list of things, for which you are grateful each day. If something challenging has happened find something to be grateful for, from that situation. Write it down.

Continued on page 2



LOVE YOURSELF

- What have you done for yourself today?
- Before you go to sleep tonight give yourself some love and care.
- Decide now what you are going to do.
- Is anything stopping you?

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Page 2 | Volume 2 ~ Issue 1 ~ Spring 2009

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3-Things to Increase Happiness

- Finds ways to be kind to others, especially if you can do it anonymously
- Savor your life. Learn how to be mindful using all your senses fully in each moment. Mindfulness is a relaxed state of awareness of the present moment. You feel a curiosity and openness to life and others. You let go of judgments. This allows you appreciate what is present in your life now. It helps to become less adapted to what you have in your life at this moment.

Are you ready to begin today? Try an experiment and do these three things for the next week. Check in with yourself and see if your happiness is increasing, do you feel more content and satisfied?

If your answer is yes then continue to remember these three steps and practice them daily.



DEPRESSED?

- You feel persistently sad, anxious, or empty
- Feelings of intense pessimism, guilt, worthlessness, or helplessness
- Loss of interest in favorite activities
- Overeating or loss of appetite
- Irritability, restlessness
- Insomnia or excessive sleeping
- Persistent aches, pains or untreatable digestive problems
- Difficulty concentrating, making decisions, or remembering details.

If you agree with most of these statements and these feelings have lasted more than a few weeks, then seek therapy. Depression for most people is very treatable.

SMILE AND THE WORLD SMILES WITH YOU

I was visiting my Mom in a rehabilitation center after a critical health crisis. There are people in the center who don't have the capacity to take care of themselves; they live there permanently. As I walked through the dining room I heard an elderly woman thanking the attendant pouring her drink, in a loud cheerful voice. I looked at her, and noticed how animated she appeared, in a room full of unanimated people.

A few minutes later I went into the dining room to get a cup for my mother. I was thinking stressful thoughts and feeling tense. In the background I heard the same elderly women talking and as I tuned into her words I heard "no, no not like that, smile". The words were directed at me. I smiled and she said, "yes, pretty". As I walked out I felt released from the stressful thoughts and feelings. My focus shifted, the world, in that moment felt pretty.

Virginia Peck Richmond, Ph.D., UAB's chair of communication studies, says that anywhere from 60 to 90 percent of our communication carries some kind of nonverbal component. "Smiling is generally considered one of the most significant displays that a human being can use," she says. "Doors open to people who smile. People listen to people who smile."

I thank that woman in the dinning room for reminding me to remember to smile.

Go out today, now and try it. Smile at someone. See if the world looks prettier.

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Page 3 | Volume 2 ~ Issue 1 ~ Spring 2009

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GROUPS: A GIFT TO YOURSELF

My clients say groups are an economical way to get counseling and a great gift for yourself.

WOMEN'S GROUP

Women In Healing

Do you want to be more in touch with **your** feelings, thoughts and needs?

This group is about re-connecting to **you**. Learn how to empower yourself to take action in your life. In this group you will gain skills to handle your emotions, clarify your needs, make a plan, and follow through.

You will experience a supportive and safe atmosphere. The focus will be finding that unique, powerful, beautiful and innocent essence that is **you**.

Next starting date will be in early May, Tuesdays, 11:00am-12:30pm. Six weeks.
\$50 per session. For registration, call 561-844-1340

DREAM GROUP

Reading Your Dreams

Messages from the Invisible Reality

Have you ever wondered what your dreams really mean? In this eye-opening group you'll discover what others have known throughout time -- that dreams reveal an *incredible* knowledge about our inner selves and our relationship to life.

You will see how dream reading presents answers about your physical health, your relationships, your potential for change, and your spiritual growth. And you will find how your dreams can provide you with both life direction and answers to your deepest questions.

Unlock the journey that your dreams take you on -- with this group as your key. Pre-registration required. Group now forming for Wednesdays 2:00pm-4:00pm \$50/group= \$150 for entire 3 meeting session. Simply call 561-844-1340.



In Closing

I am happy to introduce the first issue of my quarterly newsletter, "Thinking Out Loud". Enjoy!

It is my heartfelt wish that these articles, ideas and opportunities are useful for those of you reading this.

For more information and opportunities visit my website:
www.debrajoygoldman.com

Here my favorite "to do" list:

Things to do today:

**Breathe In
Breathe Out**