

# Turning a New Leaf

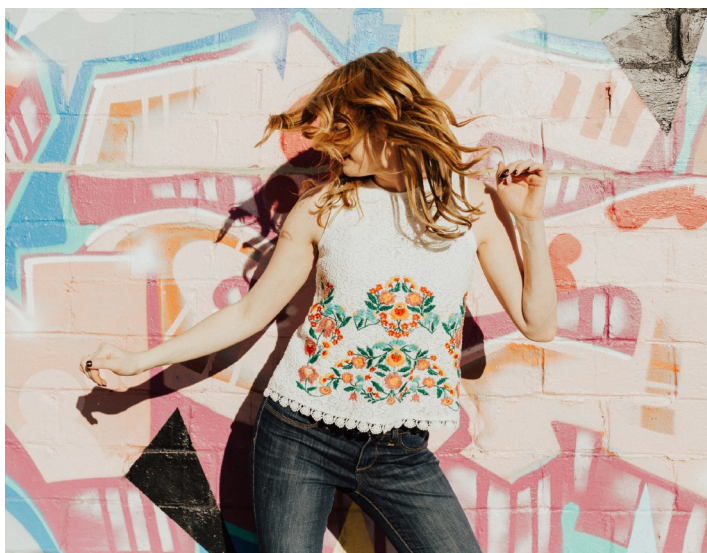


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- Promoting healthy relationships and personal growth from a Christian perspective -

Summer 2018

## Tips for Singles: Finding a Special Someone and Loving Yourself! by Micah Brown and Mollie DiTullio, Therapist Interns



Sometimes it feels like you're surrounded by happy couples on every side, but statistics tell us that over 45% of adult Americans are single. While some easily embrace the single lifestyle, others yearn for love and matrimonial bliss. While marriage provides wonderful benefits, singleness also brings perks like autonomy in recreational, financial, and domestic decisions. If you're currently single, here are some tips to help you make the most out of this time in your life.

### Form a social network around your interests.

In a world of swiping left and right, many people forget that most relationships still start the old fashioned way. Although it sounds cliché, pursuing passions or hobbies is one of the best

win-win strategies for finding a partner. Forming a social network around your interests may be key to finding someone you want to be with who also happens to share similar interests! Depending on what your hobby or passion is, this may sound difficult, but the most important thing is that you are doing what YOU want to do and enjoying it. Connecting with others will just be a part of the process. If your goal is to pursue what you love, not only will it be a positive to you personally, but it will also allow you the chance to engage with others who are also doing what they love!

### Don't wait to do what you've always wanted to do.

Many people have goals of traveling overseas, landing a dream job, or simply being

happy. Unfortunately, many single people believe that they have to wait for the right time (or the right person) to do these things. Instead of waiting to experience that European tour with a special someone, start saving for it now. Just because you are single does not mean that you can't dream, plan, and accomplish everything that you want to! Who knows, if you are pursuing your dreams you may just happen to meet someone who is also pursuing his or hers!

### Cherish those who are currently in your life.

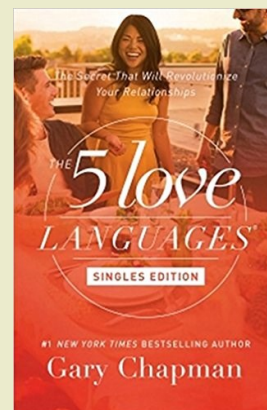
While romantic relationships can be very fulfilling, it can be easy to take our platonic relationships for granted. Do you have people in your life who have been consistently supportive? Is there someone who values you just the way you are? If so, ask those people what they like about you, and ask yourself what you value about your relationship. If someone compliments you, challenge yourself to really accept it as a part of who you are. If you have people in your life who bring you down, consider what steps you could take to change this. It might be a good idea to distance yourself from that relationship or set boundaries about how you are treated.

### Learn about yourself.

If you are single, take this time to learn about yourself! There is no better time or opportunity to start learning about who you are as an individual and identifying what you want out of life and from others. Try something new, push your limits, take chances, and explore. Figure out what you like about yourself, what your strengths are, and where you think you can improve in your life. Take time to explore what you value and cherish about yourself and the expectations that you have for a future partner. This is a perfect time to start getting to know and love yourself before you start getting to know and love someone else!

### Recommended Reading:

Are you a single who wants to love yourself and others better? Check out the **"5 Love Languages for Singles"** by Gary Chapman.



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## Our Mission

**New Leaf Resources promotes healthy relationships and personal growth through counseling, education, and consultation from a Christian perspective.**

## Change Is Inevitable... Embrace It!

By Connie Brott, Development Director

On Thursday, June 14, NLR hosted and celebrated its annual "banquet" at Pentwater Barn in Crown Point with a downhome pig roast. 180 guests enjoyed perfect weather, music by Abi Lopez and friends... Bluegrass band and electric violin....a "state of New Leaf Resources" by Executive Director Terry Top, and a testimony by Kari Coffey. Thanks to all who joined us for the evening. If you were unable to join us, watch for your opportunity to join in the fun next year.

Our celebration of NLR friends has morphed from a formal banquet to an informal gathering which brings me to a Christian leadership book I recently read entitled, "Canoeing the Mountains." The author uses the Lewis and Clark expedition as the basis for describing where Christian ministries and churches, (even families) are today with "change" necessary to sustain ministry.

But, what could "Canoeing the Mountains" possibly mean? A short explanation - After exploring the Missouri River for 15 months, Lewis expected to reach the crest of the hill at the end of the Missouri River trip and be able for his troops to carry their canoes to the nearby Columbia River which would carry them to their destination - the Pacific Ocean. Surprise! Instead, he found they were in *uncharted territory; instead of water what did they see? The Rocky Mountains! They still had a mission to fulfill. Now they were challenged to determine how water explorers could possibly reach the finish line. Thus, they had to re-*

*group, call on mountain climbing experts, and "canoe" the mountains.*

The author hammers home that just like Lewis and Clark did, when we as Christian ministries and/or families find ourselves in uncharted territory, the first question we must ask is "what do we NOT change...what is our mission...as mission trumps everything." And, secondly, how important it is to engage people in the process of traversing uncharted territory.

Are you familiar with New Leaf Resource's (NLR) mission? We all can identify that the times we are living in are in constant motion of change. However, as the world pushes from all sides, NLR mission to provide hope, help, and healing from a Christian perspective to all who enter our doors and to provide client financial assistance where needed remains the same year in and year out.

Activities may change from formal banquets to downhome pig roasts, from only printed newsletters to the addition of electronic newsletters, from only checks and cash donations to the addition of credit card, online, and stock donations. Mechanics of connecting friends to NLR and/or accepting support of friends may constantly change; however, *the mission of client hope, help, and healing remains the same.*

Our mission can remain the same only because of the friends...you...who partner with us. As you are reading, you are possibly thinking, "how do we "join" in NLRs

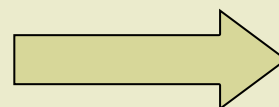
mission, we are not therapists." True, but your prayer support for our ministry and clients is of the utmost importance. Additionally, many times, the first act of hope for our clients who may not have the financial or insurance resources for therapy is to know NLR has the Marty Doot Client Assistance fund. You, our friends, provide that hope as all donations to NLR go directly to client assistance. Through both activities...prayer and financial support...you join us in our mission.

Support of our NLR friends allows us to "canoe the mountains" when we find ourselves in uncharted territory and change takes place around us. Thank you for being engaged with us in our mission....hope, help and healing! And we gather to celebrate each year because of your partnership. Thank you. Have a blessed summer.

## THANK YOU!

A huge thank you to everyone who came out to Pentwater Barn for our down-home pig roast on June 14. What a fun celebration!

This year's BBQ included record attendance, great music, delicious food, and a wonderful time of sharing about the impact your gifts make on the lives of individuals going through difficult times!



## Depression and Suicide Prevention



# SUICIDE

**S**adly, suicide is the second leading cause of death among people ages 10-24 years. Statistics show that more than 95% of people who commit suicide struggle with depression or another mental or substance abuse disorder. Major depression is not always easy to spot. While depression sometimes outwardly shows through crying and despair, sometimes the changes are much more subtle.

How can you tell if your depression, or the depression of a loved one, is worthy of great concern? Here are some symptoms that should not be ignored.

**Loss of interest in Favorite Activities:** Often, individuals with major depression begin to avoid the hobbies and past times that used to bring them pleasure.

**Difficulty sleeping:** Pay attention to sleep habits.

Depressed people often struggle to fall asleep and stay asleep at night. Some exhibit the opposite behavior, sleeping excessively and struggling to get out of bed.

**Irritability:** Depression is often expressed as impatience, anger, or extreme sensitivity instead of sadness.

**Change in appetite or hygiene patterns:** Persons struggling with major depression may simply stop eating or stop taking care of themselves. Disregard for personal hygiene and health can be a big red flag.

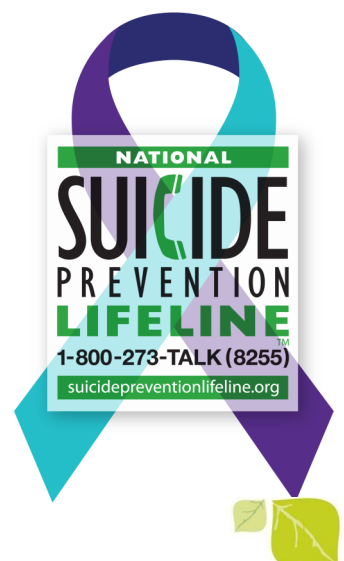
**Preoccupation with dark topics:** If you or your loved one begins talking more about death, the afterlife, or taking dangerous risks, it may be time to seek the guidance of a mental health expert.

**Sudden burst of energy:**

When someone makes the tragic decision to end their life, they often show increased energy and interest in those around them. Experts believe this is because the individual feels a sense of relief because they know the end of their pain is drawing near.

Fortunately, depression is highly treatable. If you or your loved one is struggling with dark thoughts or considering harming himself or herself, immediate treatment is needed. First, contact the National Suicide Prevention Lifeline at 800-273-8255 and visit the nearest emergency room or mental health professional. Remove any potential weapons from the home or surrounding area.

**New Leaf Resources** is here to support you in your darkest days. Therapy has proven to be highly effective in managing major depression. Call us today at (708) 895-7310 if we can equip you with hope, help, and healing in difficult times.



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## Support New Leaf Today!

Are you a person that found hope at New Leaf Resources? Do you have a friend or family member who experienced healing through New Leaf's counseling services?

Many of our clients require financial assistance. Will you consider blessing them through a life-changing gift?

Simply return your gift in the enclosed envelope or visit [www.NewLeafResources.org](http://www.NewLeafResources.org) to impact a life today!

### New Leaf Resources is...

A **professional mental health agency** which provides counseling and consultation services to individuals, families, couples, children, churches, schools, and businesses.

A **ministry** which brings the best possible care to those we serve, striving to reflect God's grace and love to all who seek help.

A **community resource** offering educational services, prevention programs, training, support, and coaching.