

# SCG Mental Wealth

Fall 2014



**Hello friends!**

It feels like it has been a long while since we have been in contact! How was your summer? We hope you found time to be carefree and laugh a lot...

There is so much we need to share with you! We have a new and exciting logo, website and video.

Check it out [www.sherrycampbellgroup.com](http://www.sherrycampbellgroup.com)

Autumn is a time of reflection. We reflect on what we have learned over the action packed summer. It's the perfect time to take stock, check on goals that are meant to be fulfilled. The only pitfall of Autumn is the anxiety of change...we have filled this newsletter with ways to help you reflect and stay away from the anxious thoughts the falling leaves may invoke...enjoy!

*Sherry Shari Tracey*

**JOIN US ON FACEBOOK & LINKEDIN!**

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## What's Inside?

### Article: Noticing Your Thoughts

Sherry Campbell M.A. RSW  
OACPP(R)Psychotherapist

### Just Ask Sherry

Regular feature answering your questions about life and how to deal with issues the best way possible.

### SCG Therapy 101

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### Book Review

Deepak Chopra's SUPER BRAIN

### Article: The Energy of Emotion

Agnes Apps  
Friend of SCG & owner of  
ReHolistically Speaking

## NEW!

**Energy Medicine Practitioner Agnes Apps of ReHolistically Speaking** will be here at SCG on Thursdays taking appointments for Energy Healing & Reiki sessions!

**Contact Agnes directly:**

905.941.2378

[reholisticallyspeaking@gmail.com](mailto:reholisticallyspeaking@gmail.com)



**Sherry  
Campbell  
Group**

# Noticing Your Thoughts

Fall 2014

Sherry Campbell M.A. RSW OACCPP(R) Psychotherapist

Your Mind Can Take You Places You Do NOT want to go! Imagine tape recording our inner thoughts? This is a pretty big, "Yikes!" for most of us....I find Thach Nat Hahn's quote to be very grounding and it is especially valuable to apply the same principles to ourselves. In my clinical experience, we are tougher on ourselves than others.

When left to our "wandering" devices, our thoughts have the potential to be self-destructive...the mind does not have any walls and we can literally "create" a problem out of nothing. There are techniques that can "anchor" us away from the fog of angst and anxiety. You are either the CAPTAIN or the CAPTIVE of your own Thoughts.

I have been working with an excellent mentor and professional speaker, Dick O'Brien and he has written and spoken for years about the importance of NOTICING and CHALLENGING your thoughts. The key is to literally make a point, a cognizant and deliberate INTENTION, to notice your thoughts. Don't judge or try to change them – simply notice your thoughts as they arise. Then comes the challenge part...Rate the Moment – on a scale of 1-10 is this thought a fact or an assumption? Are you mind reading? Be sure you are actually responding to the facts. Just the facts. Then ask yourself the following:

Am I over reacting? Is this a temporary inconvenience? Is this a growth opportunity? What is the best way for me to respond? What can you do RIGHT NOW to make the situation better? Reassure yourself...."I CAN deal with this...."

I like to post some great quotes that come my way on Facebook and Linked In and it is very interesting to note the quotes that are most liked by my friends and peers....

"Forgive Yourself for Not Knowing what you didn't know before you learned it"

"Inner Peace begins the moment you choose not to allow another person or event to control your emotions"

And one of my favourites too,

"Never apologize for trusting your intuition – your brain plays tricks, your heart goes blind, but your gut is always right".

These anchoring thoughts sincerely help strengthen our Internal Compass that Points the Way....It is Essential to have a resilient mindset.

Take care,

*Sherry*

Sherry is the owner and Principal Therapist of Sherry Campbell Counselling Group and Sherry Campbell Group Corporation Professional Speaker & Psychotherapist

**"THOUGH WE ALL HAVE THE FEAR AND THE SEEDS OF ANGER WITHIN US, WE MUST LEARN NOT TO WATER THOSE SEEDS AND INSTEAD NOURISH OUR POSITIVE QUALITIES – THOSE OF COMPASSION, UNDERSTANDING, AND LOVING KINDNESS."**

**~ THACH NAT HAHN**



## THOUGHT CARD

If you are prone to obtrusive anxious thoughts, cut out this card and carry with you...may feel a little silly but it works!

### High Anxiety Release Thought

What am I really afraid of?

Is it worth this amount of upset?

I am doing the best I can at this time and all will work out as it should.

Take a deep breath and move on with a smile.

"We need to accept that we won't always make the right decisions, that we'll screw up royally sometimes – understanding that failure is not the opposite of success, it's part of success."

**Arianna Huffington** (AOL/Editor In Chief of Huffington Post)



## GET OUT THERE!

### Leadership Summit for Women

Saturday, October 18, 2014

Brock University

<http://www.niagaralsw.ca/>

Join us this fall as we redefine leadership. Make connections, get inspired, join the discussion and recognize the leader you are in your community.

Sherry will be speaking at this event about building resilience in women leaders.

### Growing Women Entrepreneurs (GWEN) Conference

Wednesday, October 22, 2014

Club Roma, 125 Vansickle Rd., St. Catharines ON

<http://gwenconference.com/>

The GWEn mandate is to educate, inspire and connect it's attendees with leading experts that provide relevant information to expand business skills and promote growth.

### Life Lift

Saturday, November 8, 2014 8:30AM - 3:30PM

Royal Botanical Gardens 680 Plains Road West, Burlington ON

[www.speakingaboutlife.ca](http://www.speakingaboutlife.ca)

A day of renewal, recharging and relaxation for women. A humorous and uplifting wellness retreat that explores some common-sense ways of handling the stress and demands of life in a hectic world.

\*see more details on page 5!



*Just Ask Sherry!*



**Q**

How do I know when a problem is serious enough to actually go to a counsellor? It feels like a big step to get a "professional" but some of my friends tell me that it is really helpful.

What do you suggest?

Thanks,  
John G.

**A**

There still seems to linger a stigma or belief that one only goes to counselling when there is a crisis, a "serious" mental health problem, or (for couples counselling) when the marriage is on the brink of divorce. While counselling is certainly really valuable and important during such emergencies, it is also a powerful intervention when problems/issues first begin.

For example, when my car makes a few "odd" noises (yes, that's the range of my mechanical lingo), I will ask a friend to take a look at it and see if it can be fixed at home. If not, I take it to the mechanic BEFORE a bigger problem emerges (yikes, the engine!). The same with a health issue or even a financial issue – seeking professional advice is pragmatic, pro-active and most effective – let's not wait for the roof to cave in!

I notice that some couples seem to feel they "should" be able to resolve their own problems at home. Yet, the benefits of objective inputs, strategies and communication tools provided in couples sessions really make a BIG difference in the relationship – keeps the mojo going and avoids the "rut" and bad habits of bickering that can lead to a rift in the marriage along the way.

Some of the problems that interfere with our happiness we may begin to normalize. Such as; work stress, the hectic anxiety of getting through the day, dealing with hurt feelings and difficult people...these barriers do not have to be accepted as "part of life". Taking charge and making a combination of small changes lead to amazing experiences and a whole new perspective on life.

Bottom line.....seeking advice SOONER is so much better than LATER!

Take care,

*Sherry*

## What Is CBT?

**Cognitive Behaviour Therapy (CBT)** is a psychological treatment that was developed through scientific research.

All components of CBT have been tested by researchers to determine whether they are effective and they do what they are intended to do.

- ✓ CBT aims to change negative emotions that relate to a person's inaccurate view of the events that happen. It helps you to explore your beliefs, thoughts and behaviours and helps you learn new ways of behaving and reacting. CBT is sometimes used with groups of people as well as individuals.
- ✓ CBT emphasizes the relationship between our **THOUGHTS, FEELINGS, and BEHAVIOURS**.
- ✓ When we change any one of these three things we can initiate change in the others.
- ✓ CBT aims to help you worry less and increase your quality of life.

### 8 PRINCIPALS OF CBT

1. CBT will provide you with a new way of understanding your problem.
2. CBT will help you develop new skills to address your problem.
3. CBT relies on the active collaboration between the client & therapist.
4. CBT aims at helping the client become his or her own therapist.
5. CBT will help you become your own therapist by making therapy brief and time limited.
6. CBT is based on the 'here and now'.
7. CBT homework exercises are central elements of therapy.
8. CBT is a structured therapy with a structured format.

## SCG Therapy 101



**At Sherry Campbell Group CBT is a favoured therapy for both individual and group counselling.**

**To be on the list for the next CBT Group 6 week session or to find out more contact the office any time!**

**905.894.3084    [mail@sherrycampbellgroup.com](mailto:mail@sherrycampbellgroup.com)**

**"No one can make you feel inferior without your consent."--Eleanor Roosevelt**

**"You mainly feel the way you think."--Albert Ellis, voted the second most influential psychologist of all time by the American Psychological Association (APA)**

# The Power of Thought!

# SCG MENTAL WEALTH

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## BOOK REVIEW

### **SUPER BRAIN** **DEEPAK CHOPRA M.D.** **RUDOLPH TANZI PHD**

I can bet that most of us never give our brains a second thought (no pun intended!) Unless we have specific ailments which affect our brain function, our brain does what it is meant to do every day, all day. It keeps our bodies moving, breathing, thinking, remembering, and forgetting-all of it. But what if I told you that you could learn to use your brain in a way that will enhance and enrich your life beyond anything you currently believe is possible? That is the premise behind "Super Brain" by Deepak Chopra MD and Rudolph Tanzi PhD.

Deepak Chopra is the author of over 65 books, many New York Times bestsellers, and a doctor of internal medicine and endocrinology. His focus has been on the relationship between the body, mind and spirit. Rudolph Tanzi PhD is the professor of neurology at Harvard University and is director of the Genetics and Aging Research Unit at Massachusetts General Hospital. He also heads the Alzheimer's Genome Project, which is responsible for discovering several Alzheimer's disease genes. These two extraordinary men have merged their respective expertise to help us understand how our brains function and what we can specifically do to un-tap the unlimited potential within all of us.

This book is separated into three parts, each one touching on different topics that many of us deal with on a daily basis: memory loss, depression, obesity, anxiety etc. Using the techniques outlined in each part, the reader can make significant improvements in the way they deal with these issues. The book is an interesting blend of Science and self-improvement. While there is a lot of information presented, it is well organized and explained so that you never feel it is too academic. The last half of the book ventures more into finding your personal power, reconnecting with spirit and living your life meaningfully. This part resonated strongly with me, as I am always interested in how to live life with intention and a higher awareness.

This book is definitely one that you could read more than once, as each time it is read, more of the details are absorbed and digested. A "Super Brain" is always in need of nourishment! Chopra and Tanzi have created a self-improvement book that, instead of promising "thinner thighs in thirty days", offers the reader the possibility of unlocking the unlimited capacity of the most amazing part of the body-your brain.

**Tracey Marchese**

Extremely Avid Reader & SCG Office Commander



## The Energy of Emotion

So how are you feeling today? Do you know? The most common answer is "Fine.....I feel fine". Unfortunately, the word "fine" is not a feeling. Feelings are words such as: tired, sad, agitated, discouraged or scared, to name a few. Identifying feelings for most people is an uncomfortable task. There's a reason for that. Feelings or emotions have an energy attached to them. Every experience we have, we store in our tissues. Many of those feelings did not feel good going into our body, so they're not going to feel good coming out. The energy they carry good or bad is held in our tissues causing us to relive the emotion. Happiness is the hardest emotion to contain in the body. It carries a very high vibration and needs to be expressed!! On the contrary emotions such as shame, guilt and fear have a dense vibration which is the reason we feel weighed down by them.

When things go well for us, we feel "energized" and it's easy for us to accomplish tasks and continue to move forward. Subsequently, when things are not going well or we've experienced a loss or trauma we tend to lose vitality and slow down. Understanding that emotions have an energy all of their own can be quite liberating. It allows us to remove judgement and get a different perspective. This knowledge allows us to be gentler with ourselves. Emotions bring up an "energetic charges" in our bodies which can be overwhelming; learning to recognize, feel and release them is one of the healthiest things we can do for ourselves.

**Agnes Apps** is the owner of **ReHolistically Speaking** An Etheric Health Practitioner and Reiki Master. She works with energy systems of the body to promote balance, clarity and health. Contact Agnes to find out more about her service.....(905) 941-2378

# SCG MENTAL WEALTH

Fall 2014

## Retreat Saturday, November 8<sup>th</sup> **LIFE LIFT**

A day of Renewal Recharging and Relaxing for Women

You won't want to miss this one!  
5 Professional Workshop Presenters  
(including Sherry ☺)

The idea of the day is to help us women understand that taking care of ourselves is not selfish but rather selfless...It will be unlike any event you have ever been to...guaranteed laughter and solid take-away tools and strategies to get you started on a less stressful, more fulfilling life. See you there!!!

A humorous and uplifting wellness retreat that explores some common-sense ways of handling the stress and demands of life in a hectic world.

FOR MORE INFORMATION OR TO REGISTER  
VISIT:

[www.SpeakingAboutLife.ca](http://www.SpeakingAboutLife.ca)

Saturday, November 8, 2014

8:30AM - 3:30PM

\$100 +HST Per Person

Royal Botanical Gardens 680 Plains Road  
West, Burlington ON

## Therapy Works

**Depression**      Anxiety      *Relationship Issues*  
Trauma/Abuse    Sport Psychology    Job Stress    School  
Stress    Addictions    *Grief & Loss*    Anger Management  
Sexuality Issues    Life Transitions    Traumatic Experience  
Parenting Issues    **Pain Management**    *Life Skills*  
**Workplace Issues**    Feelings of Being Overwhelmed  
Personal Growth    **Professional Development**  
Dealing With A Diagnosis    Eating Disorders    Life Path  
Guidance    Self-Esteem Issues    Postpartum    *Assertiveness*  
*Skills*    Sleep Problems    Aging & Care Giving    *Pre-*  
*Marital Counselling*    Phobias



Sherry  
Campbell  
Group

56 PLEASANT AVENUE SOUTH RIDGEWAY ON L0S 1N0

- ✓ Improve relationships
- ✓ Improve self-esteem
- ✓ Resolve/change unhealthy patterns and addictions
- ✓ Become more creative and productive
- ✓ Decrease feelings of anxiety and depression
- ✓ Clarify life direction
- ✓ Get "unstuck"

WE WELCOME AND RESPECT people of all genders, races, ethnicities, cultures, sexual orientations, spiritual practices and socio-economic backgrounds.

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