

Meet Salley-Ann



It's my pleasure to provide clinical counselling for individuals supported by CLS. As with any challenges we all face, this counselling service is unique in that it specifically addresses life's typical issues in an extra sensitive manner to ensure all the individuals are heard, supported and able to work through this at their pace and needs. Through gentle CBT (Cognitive Behavioral Therapy), expressive arts, and remaining client focused, individuals have the opportunity to work through complex life issues common to everyone. As a music therapist, expressive arts therapist, registered clinical counsellor, and most importantly a rich background as a residential and community support worker, and also managing several programs for supported children, youth and adults, I have a clear understanding of the unique nature in providing this service for supported individuals at CLS and remain passionate in what I am doing.

Yours in service,

Salley-Ann Ross MAC, RCC,  
FAMI, BMT, ARCT



by Salley-Ann Ross

Living on the West Coast, we sometimes don't see the sun. For myself, I feel a shift in my mood, especially after a busy holiday season which we know has many highlights and can be challenging. As a result, a sense of melancholy, a slowing down and coming down from a hectic pace and also, the darkness of the weather can bring on what we call the winter blues.

The winter blues or best known as seasonal affective disorder (SAD) is linked to a biochemical change in the brain prompted by shorter daylight hours and lack of sunlight. We can sure relate to this living on the west coast. But how do we know that it isn't simply a mood change? What are the indications that it could be SAD?

Some symptoms of SAD are the following:

- Loss of interest in pleasurable activities
- Withdrawal from social situations
- Craving sweet or starchy foods
- Oversleeping
- Weight gain
- Irritability
- Difficulty concentrating
- Anxiety

**Fighting winter blues**

1. Be Productive
2. Get up & get outside
3. Make plans with friends
4. Make healthy choices
5. Create an upbeat playlist

*If you are concerned about your symptoms you may want to discuss them with your family doctor.*

Ways to cope with SAD are changing our diet, opening blinds letting more light in the home. Getting outdoors even if it is raining or cloudy. Exercising and mind body therapies such as guided imagery, meditation, massage and music.

Lastly, one way to beat the winter blues is to share your feelings with a friend or support person. If you attend a club or have a social network, this may be an opportunity to combat the blues by staying involved and being committed to attending and participating.

Just remember it is only for a short time... and soon Spring will be around the corner.



*Do you have a suggestion for the Family Matters newsletter?  
Do you wish to connect with a program Coordinator or Director?  
Do you have a compliment or concern?*

**Contact us at 604-517-2032 or email our  
Director of Quality and Innovation (Roxanne Wiseman) at  
rwiseman@communitylivingsociety.ca**

Please note the 2018 CLS Family / Network satisfaction survey will be emailed to you soon! (Note for those who do not have email, we will be completing a random selection of survey phone calls).

Thank you for your feedback, we appreciate it!

## Tips To Help Release Anger and Improve Emotional & Physical Health!

[www.soundfeelings.com/free/anger.htm](http://www.soundfeelings.com/free/anger.htm)

### **1. Give Yourself Permission to Express Anger**

- I never saw my parents fight. My brother and I would fight like cats and dogs and yell and scream, but we got in trouble for acting like this. In reality, although very childish, we were expressing ourselves in a more healthy way than our parents were. Our society does not like us to express strong emotions. A lot of us are taught to push down negative emotions early in life and that they are wrong or bad. This can have a profoundly negative effect on our overall health. It's not wrong to express anger, fear, sadness, loneliness, hurt, or rage. In fact, it is healthy to release these emotions regularly. What's wrong is when we hurt someone in the process. It is preferable to find safe ways to dump the negative feelings.



### **2. Combine Mental and Physical Effort for Anger Control**

- Mental therapy alone may be extremely helpful for anger release, but it can only take you so far. Similarly, the physical act of doing exercise can help many people let off steam, but it may not remove deep-seated anger. The most effective process is when you can combine both the mental and physical effort. This is when

you do a particular physical activity along with the mental intention of releasing the anger. It is important to learn how to express your feelings and needs and not allow others to dump their emotional garbage on you (blame, shame, criticism, contempt, etc.). This recommendation is more appropriate for the "quiet anger" that a person keeps inside for many years. This is the anger that causes physical illnesses, sleep disturbances and other stress-related conditions. It can also cause emotions to come out sideways, passive aggressively or on someone else. Getting the anger out in these cases is extremely therapeutic.

### **3. Never Hurt Others in the Process**

- Give yourself the opportunity to express anger in a safe way, without hurting anyone else. Most people will benefit by having a private room to pound pillows with their fists or legs, or even with a plastic bat. Some people

may prefer ripping pages of paper, screaming, or wringing towels. Remember, NEVER hurt yourself in the process and never aim your anger literally at another person.

**4. Totally Let Go, Without Hesitation** - It is also important to suggest that you either are totally alone so that you don't feel inhibited, or that you are in the surroundings of a group of people who are supportive of this type of activity.

**5. Strive to Forgive** - The final step in maintaining anger-release is to truly forgive the person who wronged you, as well as to truly forgive yourself.

*The above is an excerpt from the Family Support Institute Wellness Booklet "When Do I Have Time...? For Wellness". You can access the complete booklet here <http://www.familysupportbc.com/resources/fsi-wellness-booklet>. Please note that the article has been slightly modified to better reflect the audience of our CLS families.*

### Watch this informative Webinar on:

Representation Agreements & Adult Guardianship

<https://vimeo.com/208379470>

1. Personal Planning: Tools for Alternate and Supportive Decision-Making
2. Powers of Attorney
3. Representation Agreements - s.7 and s.9
4. Exploring Committeeship

Hosted by the FSI and KEN M. KRAMER, Q.C., Principal & Senior Associate KMK Law



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Disclaimer: The views expressed in this newsletter are of the individual writers and do not necessarily reflect the views of the CLS as a society.