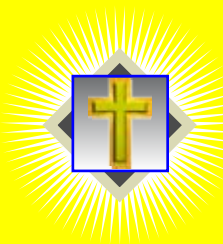




BRIGHT tomorrows.®

"Mobilizing the Church to better serve those with mental health concerns"

...dedicated to reflecting the compassion of Jesus Christ by promoting mental health and assisting those struggling with mental illness.



"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, to give you a future and a hope."

Jeremiah 29:11



Tim Reside
Executive Director

BOARD OF DIRECTORS:

Jim Grinnell
President

Tim Peterson

Gary Fisher
In Memoriam



Ten Tips For Being A

Healthy Caregiver

There are no greater heroes/heroines among us than those who by an act of their own volition make the choice to not abandon but to stay and help those suffering and dealing with challenges greater than they can handle by themselves. What about *your* needs—caregiver?

Thomas à Kempis wrote that it is important to "be at peace with yourself first and then you will be able to bring peace to others." When we hear the word peace we usually associate it with being non-anxious, and that is a part of the definition. The Hebrew word for peace, *shalom*, adds to our understanding the idea of being in a state of wholeness. It suggests the idea of wellness. In order to promote wellness in another, the caregiver must attend to it in themselves as well.

The following are some tips for you, the caregiver, meant to encourage you to not fail to take care of yourself. Please note on "Mission Update" page and at our website (www.brighttomorrows.org) that Bright Tomorrows offers a monthly educational series to caregivers.

ONE: Take care of yourself. Jesus Christ emphasized the importance of "love commandment" life-principles: (1) love God; (2) love your neighbor; and (3) do so as you love yourself. Too often the well-meaning and loving caregiver fails to prioritize taking care of themselves. Give yourself permission to take care of you—God has.

TWO: Understand what's going on as early as possible. What is the nature of the health-challenge your loved one is dealing with? What is the diagnosis? What is the prognosis? What is essential to the promoting of healing recovery?

THREE: Become an educated caregiver. Discover community, church, library, internet and organization resources for acquiring helpful information.

FOUR: In addition to educational resources, discover what resources are available in your community and church for you as a caregiver.

FIVE: Get help. Don't try to handle this all by yourself. This may require that you humble yourself.

SIX: Learn how to manage your stress levels spiritually, psychologically, physically, and medically.

SEVEN: Accept changes as they occur. Learn to take one day and one event at a time.

EIGHT: Seek medical, legal, financial and informed pastoral care counsel that will help you to strategically make the kind of plans that will diminish your fear about the future.

NINE: Give yourself credit—not guilt. No one is capable of being a perfect caregiver. Guilt will wear you down—burn you out.

TEN: Visit your doctor regularly. Even though you may be very maturely processing the stress of being a caregiver, the fact remains that you are dealing with stress. You need the doctor's objective evaluation on how your body is responding.

Attributions: Outline from *The Alzheimer's Association 2007 publication: Taking Care of Yourself: Managing Stress as a Caregiver; Responsibility.* Outline discussion written by Tim Reside, M.A., who is the Executive Director of Bright Tomorrows.

TEN Tips FOR BEATING THE HOLIDAY BLUES

Thanksgiving, Christmas and the celebration of New Years suggest that this time of the year should be full of joy and cheer. However, this is also a stressful time of year and for those living with certain mental health challenges such stress can trigger distress, depression and health challenges. This is also true for many who have suffered crisis, grief, and loss events during the holiday seasons of the past.

Bright Tomorrows' Tim Peterson has put together ten tips to help us with our response to the potential stress of the season:

ONE: Keep expectations manageable. Don't try to make this holiday season "the best ever." Set realistic goals for yourself, prioritize the most important activities, and pace yourself. Remember that the holidays don't automatically dispel reasons for feeling sad or lonely, so it's okay for you to have these feelings.

TWO: Let go of the past. Don't make yourself miserable by thinking everything has to be just like the "good old days." As life brings changes, each holiday season is different and should be enjoyed in its own way.

THREE: Deal with problems before they arise. Talking things out always helps. Couples sometimes struggle with deciding which side of the family to spend the holidays with but you need to be clear with each other about what's best for you. And if you're anxious about a family gathering, discuss your fears and concerns up front. Prior to the holiday, make a phone call or drop a note saying you're looking forward to seeing them, but are concerned about it.

FOUR: Enjoy holiday activities that are free. Drive around to look at holiday decorations. Go window-shopping without buying anything. Be sure to check out the Christmas pageants put on by local churches and schools.

FIVE: Don't overindulge. Excessive eating and drinking will only make you more depressed. Maintain a consistent sleep schedule, a balanced diet, and regular exercise.

SIX: Enjoy time with supportive people who care about you. If you're married, spend time at home with your spouse and children. If you're single, enjoy the company of family and friends. If you're alone, reach out to make new friends or contact an old friend with whom you've lost touch.

SEVEN: Make time for yourself. Don't spend all your time providing activities for family and friends. Whether it's taking a long walk or reading a good book, do something you enjoy.

EIGHT: Build your own family traditions. Along with making nice memories, family traditions enrich family identity and closeness which helps reduce stress. There are dozens of fun and inexpensive ways to celebrate the season. So don't be afraid to try something new.

NINE: Serve others without expecting a reward. Although we know our real reward comes in heaven, many of us still expect some recognition for our service. The best cure for that is to serve someone outside your circle of acquaintances who has no visible means of repaying you or publicly applauding you.

TEN: Remember Jesus is the reason for the season. Don't let shopping malls and pretty lights distract you from the best part of Christmas – getting to know Christ better. Make a commitment to spend time with Him in Bible study, prayer and worship. Keeping Christ first in Christmas is the best way to cure anxiety and transform your holiday into a joyous celebration of hope.

Tim Peterson serves as a member of the Bright Tomorrows Executive Board and is a Licensed Marital and Family Therapist and a Licensed Professional Counselor. He works at Laureate Clinic in Tulsa.

MISSION UPDATE REPORT

BT continues to offer bi-monthly **Continental Breakfast Seminars** for professional and/or lay ministers and ministry leaders, at no charge. For more information, please phone, email or check our website.

BT's June 26th breakfast seminar presenter, **Dr. Kent Choate**, addressed pastoral concerns for promoting healthy marriages and families within the church and community. For 7 years Dr. Choate traveled throughout Oklahoma helping churches develop effective marriage and family ministries in his role with the Baptist General convention of Oklahoma. He presented workable ministry methods and gave attendees hands-on opportunities to look at varieties of resources. Dr. Choate showed film clips in anticipation of the September nationwide release of "Fireproof," the inspirational portrayal of a marriage in trouble that addresses the pain and disillusionment that leads to divorce and gives hope to those whose marriages are in trouble.

BT's Tim Peterson, LPC, LMFT, August 28th presentation, Forgiveness Update, reviewed the psychological and spiritual implications of forgiveness. Tim observed that appropriately implemented, forgiveness has an amazing power to heal the hurts we don't deserve and can't forget! While discussing recent research findings that demonstrate that forgiveness can be good for both mental and physical health, Tim presented a model for teaching a forgiveness process that is sensitive to the common misunderstandings that discourage wounded people from applying forgiveness and thus thwarting healing.

BT is currently offering: (1) A weekly **Christian Depression and Bipolar Support Group** for adults that incorporates education and support for the person learning to manage their disorder within the context of their faith. Scriptural encouragement and prayer are utilized; (2) A monthly **Educational Series for Caregivers & Support Group Participants**; (3) Tuesday evening **Family-to-Family Consultation Sessions**—by appointment only;

(4) Bi-monthly **Breakfast Seminars** for professional and/or lay ministers and ministry leaders—at no charge; and (5) A **Speakers Bureau** that provides qualified speakers for mental health education programs. For more information, please phone, email or check our website.

EQUIPMENT SUPPLIED:

Recently friends of Bright Tomorrows donated the funds to replace our broken down photo copier. Thank you very much!

EQUIPMENT NEEDED:

We are in need of a professionally-styled portable display board unit that can be taken into educational forums for the purpose of displaying the BT mission and its services. The cost would be approximately \$300. If you or your organization would be able to make a tax-deductible donation to meet this need, please contact us. Thank you for your consideration.

EXECUTIVE DIRECTOR CALENDAR UPDATE:

Tim Reside is working on an applied research project to

complete a Doctor of Ministry program. If you would like to invest in this educational effort, please make checks payable to Bright Tomorrows, designated "Education Fund." Tim has had several unique speaking opportunities since the beginning of the year: (1) February 20 to several hundred Rhema Bible Training Institute students; (2) March 25 to the North Tulsa Baptist Minister's Conference; (3) March 27-28 to Tulsa Cornerstone Assistance Network's men and women's recovery/rehabilitation program; and (4) on August 10 Tim was the guest of NAMI-Tulsa (National Alliance on Mental Illness) sharing his **Mental Illness Survival Story**.

BT TOP TWO NEEDS:

1. BT PRAYER PARTNERS!
2. BT SUPPORT PARTNERS!

*Thank You...
for caring
and sharing!*



"WITH THANKSGIVING LET YOUR REQUESTS BE KNOWN..."

PHILIPPIANS 4:6

Thanks to all who are continuing to generously support the important mission of Bright Tomorrows!

If you have not supported this mission in the past, would you consider doing so today?

_____ Platinum Donors (\$5,000) Monthly: _____\$10 _____\$25 _____\$50
 _____ Gold Donors (\$1,000) One-Time: _____\$100 _____\$200 _____\$300
 _____ Silver Donors (\$500) Other: _____

Please make checks payable to "Bright Tomorrows." We are a 501(c)3 non-profit corporation and all gifts are tax-deductable. You will receive an end-of-the-year letter of receipt.

SPECIAL NOTE

We send this newsletter to family and friends that we think are interested in the on-going growth of Bright Tomorrows. If, however, you would like to be removed from our mailing list, please contact us either by phone, mail or e-mail. Contact information provided on last page of this publication.

Helping Someone With A **Mood Disorder**

Mood disorders such as depression and bipolar disorder affect millions of people including their family members and friends. If someone you love has a mood disorder, you may be feeling helpless, overwhelmed, confused and hopeless, or you may feel hurt, angry, frustrated and resentful. You may also have feelings of guilt, shame and isolation, or feelings of sadness, exhaustion and fear. All of these feelings are normal. Your loved one's illness is not your fault (or your loved one's fault). You can't make your loved one well, but you can offer support, understanding and hope. As a caregiver you can find support, information and education.

What you can say that helps:

- » You are not alone in this. I'm here for you.
- » I understand you have a real illness and that's what causes these thoughts and feelings.
- » You may not believe it now, but the way you're feeling will change.
- » I may not be able to understand exactly how you feel, but I care about you and want to help.
- » When you want to give up, tell yourself you will hold on for just one more day, hour, minute - whatever you can manage.
- » You are important to me. Your life is important to me.
- » Tell me what I can do now to help you.
- » I am here for you. We will get through this together.

What you should avoid saying:

- » Its all in your head.
- » We all go through times like this.
- » You'll be fine—stop worrying about this.
- » Look on the bright side.
- » You have so much to live for, why do you want to die?
- » I can't do anything about your situation.
- » Just snap out of it.
- » Stop acting crazy.
- » What's wrong with you?
- » Shouldn't you be better by now?

What should you be doing:

Get support, informed, and educated. In Tulsa, Oklahoma Bright Tomorrows offers support, information and education. Check out these opportunities at our website.

Source Attribution. Depression and Bipolar Support Alliance website page:
http://www.dbsalliance.org/site/PageServer?pagename=about_helping



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Tulsa, Oklahoma 74105-7725

Phone: (918) 744-5761
E-mail: treside@brighttomorrows.org
Website: www.brighttomorrows.org

Christian Depression and Bipolar Support Group

Thursday Evenings from 7:00-8:30 P.M.

This weekly event is held at Evangelistic Temple Church in the Fireside Room on the 2nd floor of the Family Life Center. E.T. is located at 5345 South Peoria Avenue • Tulsa, Oklahoma.

For a detailed map and complete driving directions please visit our web site.

To receive this free newsletter please call or e-mail us, or visit our website. We can also send this to you via e-mail when you provide us with your e-mail address.