



# DBSA West Hill and Valley Newsletter: December, 2011

## MARK YOUR CALENDAR FOR OUR ANNUAL HOLIDAY PARTY:

- SUNDAY, DEC 11, 2011, 3pm-5pm
- OAK ROOMS AT GOOD SAM HOSPITAL
- GOOD FOOD, GREAT PEOPLE
- RSVP BY 12/6/11 TO: [BERNADETTE@DBSAWEST.ORG](mailto:BERNADETTE@DBSAWEST.ORG)

### MONTHLY BOARD OF DIRECTORS REPORT

#### Bank Account Balances

Checking Account Balance	\$615
Emergency Medical Fund:	\$5,145

#### Newsletter Distribution

Email Recipients	353
Hardcopy Recipients	81
Total Recipients	434
Last Email Date	12/1/11
Last USPS Mailing Date	12/2/11

#### Dues Paying Members

Individual	34
Family	19
Total Dues Paying Members	53

Last Board of Directors Mtg	11/13/11
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## This Issue's Article: Handling the Holidays – Part 2 (thanks to WebMD)

### Facing Holiday Parties

For a lot of people with bipolar disorder, it's the holiday get-togethers -- family dinners, office parties, neighborhood caroling expeditions -- that cause the most anxiety. Here are some tips for getting through them unscathed.

- **Say "no" sometimes.** Don't overbook yourself. Most of us have more holiday obligations than we can handle. Decide which ones are most important and which aren't. Some events may simply be overwhelming. It's okay to say "no".
- **Have an ally.** If going to a party is making you anxious, go with a friend, relative, or co-worker. Arrive and depart together. And your partner could watch your back, helping you avoid alcohol and other temptations.
- **Leave early.** Going to a party doesn't mean you have to stay all night. Decide beforehand when you'd like to leave and stick to it. Even stopping in for just a few minutes is okay. Having a getaway plan may relieve a lot of anxiety.
- **Stick to your schedule.** If you're having fun, of course you don't want to leave a party to make your bedtime. But you need to follow your regular non-holiday schedule as closely as possible. And make sure to keep up your normal exercise routine too -- or at least get out for quick walks.
- **Try not to overindulge.** It's hard, but you really must stay away from alcohol, especially if you've had problems with it in the past. And despite the allure of all those sweets, try to stick to your normal diet.
- **Weigh the pros and cons.** Even if it makes you anxious, it's generally a good idea to try going to your family's holiday dinner. But there are exceptions. If you have a really stormy family history, and seeing your family tends to trigger problems, then staying away could be the right move. Make this decision carefully. Weigh the benefits and the risks. Can you handle the guilt of not going? Most importantly, make sure you have something else planned. Don't say no and then spend the holidays alone

### Bipolar Disorder & Shopping Sensibly

It's very easy to get caught up in the frenzy of the season and become fixated on finding everyone the perfect gift. But again, you need to stay in control -- especially if you're prone to unhealthy buying sprees. Some suggestions:

- **Keep perspective.** Don't get too caught up in finding the best gift for everyone. It's not worth the anxiety -- and besides, your nephew would probably be happy with a check anyway.
- **Stick to a budget.** If you have a problem with overspending, come up with an explicit budget well before the holidays arrive. You may want the aid of a friend or family member to help you stick to it.
- **Spread out the shopping.** Try to shop ahead. The sooner, the better.
- **Shop online.** If you have access to the Internet, online shopping is a low-stress way to avoid the mall's hassles. For a little extra, some sites may even gift wrap.



- **Go for gift certificates.** Just about everyone loves a gift certificate. And they don't have to be impersonal. Choose one that fits the person: get your sister one from her favorite boutique and your uncle one from a restaurant he likes.

### Caring for Yourself

The holidays are a time when we're encouraged to think about other people instead of ourselves. That's fine, **to a point**. But if you focus so much on other people that you neglect yourself, you're at higher risk of mania or **depression**. That's not good for anyone. Your first order of business during the holidays has to be taking care of yourself. If you don't, all sorts of bad things can happen.

So this holiday season, **plan ahead, keep to your schedule, and scale back your expectations**. If you do, you can beat holiday depression, mania, anxiety, and hassles -- and enjoy the season. That's good for you as a person living with bipolar disorder -- and for your loved ones too.

### Please help DBSA West by becoming a dues-paying member.

DBSA is an all-volunteer organization dedicated to improving the lives of people living with mood disorders and their loved ones. Our primary focus is on providing support groups for persons dealing with depression and bipolar disorder and their friends and families.

We are constantly looking for ways to make people aware of our group, which means we spend money on postage, printing and distribution of our information. When you become a member of DBSA, your \$20 individual and \$30 family annual dues payments help us pay for the production and mailing costs of our newsletters and brochures. Please see the sign up form at the end of this newsletter.

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### Our Officers:

President: Bernadette Knudsen, [bernadette@dbsawest.org](mailto:bernadette@dbsawest.org)

Vice President: Norma Wimunc, [norma@dbsawest.org](mailto:norma@dbsawest.org)

Treasurer: Mary Paganoni, [mary@dbsawest.org](mailto:mary@dbsawest.org)

Secretary: Bob Steinmetz, [bob@dbsawest.org](mailto:bob@dbsawest.org)

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### Our Support Group Facilitators:

Sunday, 1pm-3pm: Bernadette Knudsen, [bernadette@dbsawest.org](mailto:bernadette@dbsawest.org)

Sunday, 1pm-3pm: Karen Wennersten, [karen@dbsawest.org](mailto:karen@dbsawest.org)

Wednesday, 7pm-9pm: Norma Wimunc, [norma@dbsawest.org](mailto:norma@dbsawest.org)

Thursday (young adult), 7pm-8:30pm: Alex Steinmetz, [alex@dbsawest.org](mailto:alex@dbsawest.org)

Thursday (friends and family), 7pm-8:30pm: Bob Steinmetz, [bob@dbsawest.org](mailto:bob@dbsawest.org)



## Word Search: Keys to Living Well With Mood Disorders

R	E	Y	K	Q	N	K	L	S	N	R	F	C	X	C	W	M	C	Z
Z	T	Q	C	V	K	R	O	W	H	P	R	R	O	U	T	I	N	E
N	D	L	O	D	H	B	G	F	M	Q	I	M	C	S	O	G	C	T
L	D	D	W	N	R	F	T	J	A	B	P	L	K	G	N	G	A	G
N	U	T	R	I	T	I	O	N	S	L	I	P	L	E	P	Z	M	N
C	B	A	E	S	E	X	C	A	I	W	F	B	R	B	R	B	O	C
V	M	T	O	P	K	L	S	A	B	R	U	T	L	B	O	I	D	F
F	Y	I	M	U	N	Q	N	M	C	S	I	E	G	M	T	X	E	Z
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S	A	O	J	K	X	F	C	G	Z	E	I	G	E	V	A	J	O	U
T	G	F	L	W	G	U	X	H	B	L	X	B	R	U	E	E	N	W
Y	N	H	V	E	W	K	W	C	A	A	V	P	F	Q	H	N	G	U
C	I	A	T	R	D	F	N	N	N	P	Y	V	I	R	G	L	S	T
C	T	Y	L	M	E	U	R	Z	B	G	N	K	T	D	Y	Z	K	R
E	E	P	O	N	X	U	T	Q	E	Z	S	S	E	N	T	I	F	O
X	G	O	K	S	O	F	R	I	E	N	D	S	H	I	P	D	Z	P
E	D	X	P	J	Y	W	M	V	T	K	N	A	D	E	V	C	N	P
R	U	T	S	R	R	C	S	G	J	T	L	D	K	U	K	A	M	U
C	B	L	Y	G	U	I	Q	N	U	V	A	K	N	S	M	S	R	S
I	O	E	C	O	D	F	Q	I	L	L	S	J	V	A	M	K	R	V
S	T	A	H	R	E	L	A	T	I	O	N	S	H	I	P	S	W	B
E	F	R	I	T	W	P	B	A	M	J	F	D	K	U	S	S	X	Q
F	U	N	A	M	J	B	T	E	W	E	M	C	I	F	X	O	I	M
N	O	I	T	A	N	I	M	U	L	L	I	T	B	I	X	G	B	L
S	I	N	R	N	W	E	R	R	L	E	H	Z	Q	L	T	Y	P	N
L	H	G	I	R	O	E	L	A	C	C	E	P	T	A	N	C	E	I
E	N	A	S	V	T	I	R	U	X	N	G	D	W	Z	H	G	Z	G
E	Z	K	T	H	U	E	T	Q	D	T	Y	L	I	M	A	F	J	M
P	B	C	G	N	A	T	C	A	C	E	G	N	I	T	R	A	H	C
B	U	U	T	D	H	Z	K	X	X	B	H	T	G	O	N	Q	J	H
I	A	J	I	E	P	A	P	O	T	A	M	C	L	Z	U	A	B	A
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F	G	A	L	P	O	S	I	T	I	V	E	E	A	B	K	C	G	I
Y	P	Z	V	E	S	J	S	P	J	P	P	B	R	V	Q	F	M	G
Y	C	Q	Y	H	M	Y	W	W	H	L	B	B	I	D	I	U	S	N

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|------------|--------------|---------------|----------|
| ACCEPTANCE | FITNESS      | POSITIVE      | SCHEDULE |
| BUDGETING  | FRIENDSHIP   | ATTITUDE      | SLEEP    |
| CHARTING   | HONESTY      | PSYCHIATRIST  | SOBRIETY |
| COMPLIANCE | ILLUMINATION | PILLBOX       | SUPPORT  |
| HEALTHY    | JOURNALING   | READING       | GROUPS   |
| EATING     | LAUGHTER     | RELATIONSHIPS | THERAPY  |
| EDUCATION  | LEARNING     | RELAXATION    | WORK     |
| EXERCISE   | MEDICATION   | REST          |          |
| FAMILY     | MODERATION   | ROUTINE       |          |



**DBSA West – Suburban Chicago**  
We've been there. We can help.

**BECOME A DUES-PAYING MEMBER:** Print this form and mail it with your check to the address below:

Your annual dues (\$20 for an individual and \$30 for a family) will help us in our mission to provide support, friendship, hope and information for individuals with depression or bipolar disorder and to their friends and families.

Type of membership:    Family (\$30)                        Individual (\$20)           

Type of newsletter:            US Mail:                        Email           

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_            Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Make checks payable to:            DBSA West

Mail checks to:            DBSA West  
   PO Box 4646  
   Naperville, IL 60567

Thank you for your generous support!

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