

North Shore Center LLC

July 2018 Newsletter



WELCOME!

We are excited to include you in the first edition of the North Shore Center newsletter! We intend to make monthly publications to keep folks updated on important topics and news happening within our office. In our future publications we hope to provide you with ample amounts of resources intended to inform and educate, along with Q/A's from our helpful providers.

About North Shore Center LLC

The North Shore Center is an interactive organization dedicated to recognize and cultivate positive change within the daily lives of children and adults through the use of diagnostic, therapeutic, and consultative behavioral health services. Our professional staff consists of psychologists, neuropsychologists, social workers, counselors, a nurse practitioner, academic language practitioners, along with general and special education teachers. Through the wide variety of expertise our providers have, the North Shore Center is able to meet an assortment of needs.

[See our list of providers](#)

[Explore our website](#)

Emotional First Aid

Often times, when we think about “first aid” we picture a red box containing the essentials such as bandages, gauze, antibiotic ointment, gloves, and scissors. These items are all very necessary when it comes to tending to a physical injury such as a cut or scrape, however they may not be as beneficial when it comes to our psychological health.

Facing the mental hardships that come along with failure, rejection, and loneliness can have such a large impact on our everyday lives. To become more emotionally aware we need to advocate for our own emotional wellbeing and hygiene. To begin building emotional resilience, Guy Winch mentions, taking action to loneliness, responding more appropriately to failure, protecting our self-esteem, and battling our negative thoughts.



[“Why we all need to practice emotional first aid.”](#)

Steps to Build Emotional Resilience

1. Revive your self-esteem.

[Learn more here.](#)

2. Decrease your rumination.

What is it?: Rumination is the act of revisiting a thought or problem repeatedly. This can lead to feelings of inadequacy or worthlessness, deepening feelings of depression or anxiety.

3. Battle negative thinking.

Think more optimistically!

4. Build emotional resilience.

[Learn more here.](#)

Our Providers Thoughts on Emotional First Aid

Clinical psychologist, Dr. Michael Mazius says, “In today’s world, it’s imperative that we learn, practice and teach our children emotional first aid. Current studies reliably show a uptick in stress and anxiety among parents and kids. The ubiquity of technology and an obvious increase in violence within our world are just two of the many reasons for this finding. All of us can take simple yet important steps each day to grow and maintain our mental, emotional and behavioral health.”

Dr Mazius also provides us with some helpful ways to improve and maintain our mental hygiene:

1. Taking deep breaths when you feel stressed. It’s so simple and it actually will activate your parasympathetic nervous system and calm your brain.
2. Always turn to people in whom you have trust when something or someone upsets and/or worries you. Don’t be an island. Don’t go it alone.
3. Try to think flexibly when conflicts arise. Remind yourself it’s difficult to do this when you’re highly upset. Give yourself time to calm down, then try to open your mind to differing interpretations and possibilities.
4. Try to think optimistically. For some people, this comes naturally. For many, it needs to be developed. Noticing whether you’re in the latter group, and if so, working at becoming more positive is achievable and highly beneficial but takes time, so be patient.

“Although these four suggestions represent only a subset of an effective emotional toolkit, they certainly can go a long way towards fostering sound and long lasting mental, emotional and behavioral health.”

If you have any questions, contact us!

[Schedule an appointment](#)

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