

TMS PSYCHOLOGICAL  
SERVICES, P.C.

THE OFFICES OF DR.  
THERESA M. SCHULTZ  
AND ASSOCIATES



# Fall/Winter 2010 Newsletter

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NOVEMBER, 2010

**October 3-9, 2010**

**was Mental Illness  
Awareness Week**

**For further information, visit the  
National Alliance  
on Mental Illness  
(NAMI) Website:**

**[www.nami.org/](http://www.nami.org/)**

## INSIDE THIS ISSUE:

Hinsdale Office Relocation	1
Exciting Announcements	1
Computer Tips	2
Holiday Charitable Activities	2
Reduce Stress	2

## Hinsdale Office Relocation

As many of you know, our office opened a new satellite office in Hinsdale this past summer. Shortly after our move, we became aware that a larger space would be available in the same building as of October 1<sup>st</sup>. We opted to relocate to the alternative space in an effort to enhance the services, comfort, and sense of privacy we can offer to you,

our valued clientele. Our new Hinsdale location is:

15 Spinning Wheel Rd.  
Lower Level, **Suite 8**  
Hinsdale, IL 60521.

Currently, Dr. Schultz, Dr. Marek, Dr. Kelly and Dr. Drzonek have office hours in Hinsdale, in addition to Oak Park. You may contact our Administrative Staff anytime to inquire about Hinsdale appointments.

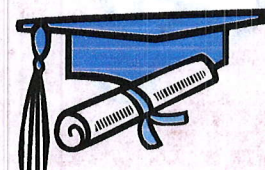
## Exciting Announcements...

Four years ago, our Practice Manager, Erica Drzonek, began her graduate studies in clinical psychology. We are pleased to announce that in September Erica graduated from Midwestern University with a doctorate degree in clinical psychology (Psy.D.). In addition to keeping up with her managerial role in the practice, Dr. Drzonek has joined our team of skilled clinicians. She is available to see cli-

ents on both Mondays (Hinsdale) and Fridays (Oak Park). You may contact our Clinical Intake Coordinator, Ms. Helen Jonas, to learn more about Dr. Drzonek's clinical work within the practice and/or if you or someone you know is seeking psychotherapy services.

We are also very pleased to announce that Dr. Daniel Kelly (a.k.a. Dr. Dan) obtained his Illinois License in Clinical Psychology in

September. Congratulations Dr. Dan, Licensed Clinical Psychologist, on this professional accomplishment!



*"Autumn is a second spring when every leaf is a flower."*

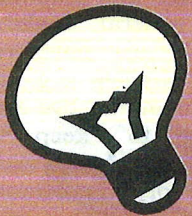
-Albert Camus

"Everyone must  
take time to sit  
and watch the  
leaves turn."

- Elizabeth  
Lawrence

Do you have  
questions,  
comments, or  
ideas for fu-  
ture issues?

Contact our  
Administrative  
Staff at exten-  
sion 10. We  
welcome your  
feedback!



# Computer Tips for Children



As our society becomes more technologically advanced, it has become the norm for individuals to develop computer skills at younger ages. While this undoubtedly helps our youth to prepare well for the future, adults, primarily parents, are advised to monitor their children's use of technology, including the duration of time spent sitting at their computers. Research suggests that spending long periods of time in front of the computer can have a negative impact on many aspects of physical health including: body weight, body posture, motor skills, circulation, and vision. The following are just a few computer health-related tips to keep in mind ...

## Encourage proper posture when seated at the computer.

Experts recommend putting feet flat on the floor, keeping shoulders and arms in a relaxed position, and looking straight ahead at the monitor.

**Stretch.** Children should, at regular intervals, be sure to get up and stretch their legs, shoulders, and back to increase circulation. The best practice is to set a timer every 20 minutes, or to verbally remind your child to take a brief break.

**The 20-20-20 Rule.** Every 20 minutes, children should take a 20-second break and stare at something 20 feet away.

This allows the eyes to focus on something other than a screen and allows the eyes to rest. Additionally, it is recommended that the lighting in the room be adjusted, so there is no extra light reflecting from the screen and into the eyes.

For more information and tips about Kids Health and computers check out this website: [www.kidshealth.org](http://www.kidshealth.org)

## Holiday Charitable Activities

This year, our office will continue its holiday tradition of collecting needed items for those in our communities who are in need. Throughout the winter months, we will be accepting donations of the following items:

- New or gently used warm winter wear (e.g., hats, scarves, gloves)
- Travel-size personal hygiene products (e.g., soaps, shampoo, toothpaste)

- Non-perishable food items (e.g., canned goods and boxed foods)

You will find labeled donation bins in both our Hinsdale and Oak Park offices. Any items you can contribute are greatly appreciated. All of our collections will be delivered to neighborhood food pantries and shelters throughout the winter months.

## Helpful Hints to Reduce Stress

With the beginning of the school year behind us, and the winter holidays quickly approaching, our lives can easily become hectic and cluttered. Here are some tips you can use to help minimize your stress:

**Relax your standards.** Rather than living up to the expectations of others, set reasonable goals for yourself that lead to desirable, and achievable, results.

**Stop abiding by stereotypical roles.** Avoid engaging in certain activities or behaviors simply because these are common for your age or gender. Rather, take the time to reflect

upon the things you are considering to do. Ask yourself: "What do I really need to do today? What do I hope or wish to do today?"

**Create time for activities you enjoy.** We all have chores, duties, and obligations, but when we set aside a special time to do something we don't need to do, but want to do, our responsibilities seem less cumbersome.

**Learn to be flexible.** Explore your options rather than holding to rigid rules and standards. Broaden your horizon to new possibilities.

**Prioritize.** Make your to-do list and categorize each item into the following:

Urgent  
Important, but can wait or be delegated to someone else

Can wait to do another day

**Find joy in everyday things.**

Learn to look for the positive in everything, including struggles and responsibilities.

Adapted from *Keeping Life Simple: 7 Guiding Principles and 500 Tips & Ideas* by Karen Levine. Published by Storey Books ISBN 0-88266-943-5.