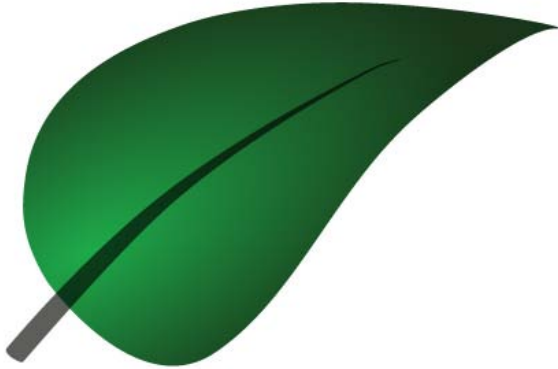


Joy Miller & Associates

309.693.8200

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counseling and wellness services



*We've got a new look
and we are
celebrating!*

Come On...Let's Get Happy!

What Makes Us Happy?

What really makes us happy? A 2009 February San Francisco State University study focused on happiness as it relates to what gives us real happiness and here's what they discovered.

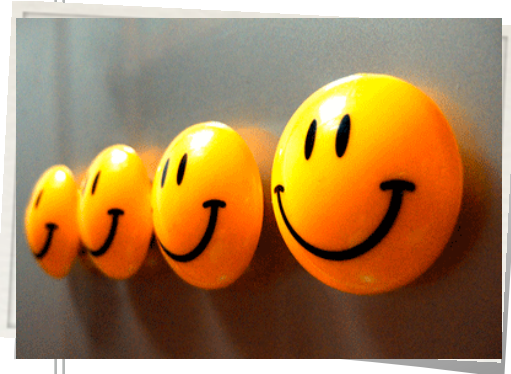
People may like those new toys and possessions, but research indicated that experiences make people happier than acquiring new possessions. Additionally, the study found that the joy of the acquired possession, such as a new car or computer, fades over



time, where experiences seem to last longer on the happiness scale.

Most of us think that getting new things would make us happy, but the study went on to explain some of the reasons for the findings. Experiences tend to somehow get us more connected with people. We do the "experience" with others, which in turn creates more pleasure and happiness. We tend to share pictures or talk about that experience, and it becomes a mutual "reminiscence" that lives on with time. Secondly, we feel greater vitality and "aliveness" when we have experiences that add to our life, versus gathering

possessions, which adds only momentary happiness. Keep these facts in mind: Happiness from a new thing lasts only 8-12



weeks, but experiences create memories that can last for a lifetime. In fact, most people say they wouldn't trade anything in the world for a great adventure.



Check out our new
Joyful Living
calendar online at
joymiller.com



We are bloggin' and twitterin' !

Check s out at:
<http://joymillerblog.blogspot.com>
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Tips for Happiness

con't from page 1

• **Smile more.** This one is no surprise to anyone. Studies show that the more you smile during a conversation, the more you are perceived as happy. If you smile more, others mimic that behavior and the smiling act heightens the experience for both people.

* **Have an open, friendly disposition.** Lean in towards people, touch others, turn your body towards theirs, and nod and

say, "yes" as they speak. This means focusing on the other person, versus



checking your emails or twitter account while you are talking to someone.

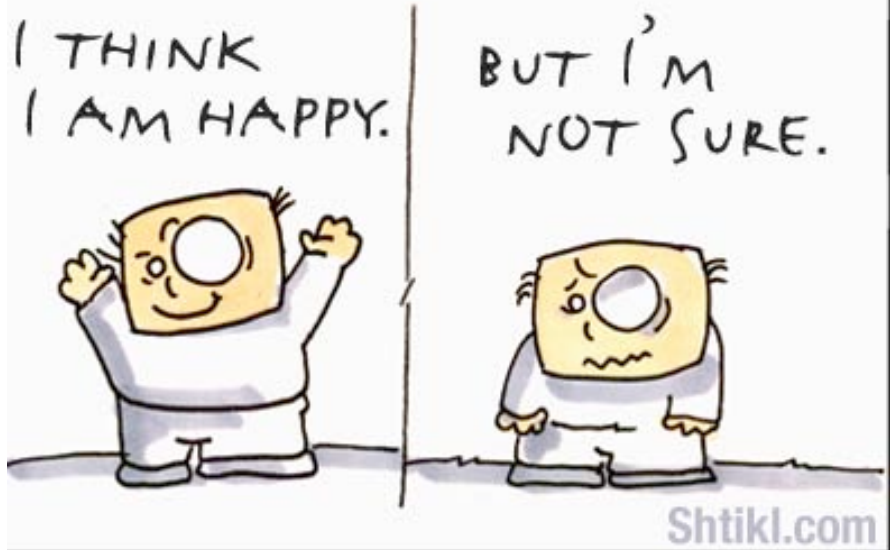
• **Laugh at yourself.** Showing vulnerability and humor makes you more approachable and likeable. That doesn't mean putting yourself down—it means just keeping it light. Remember laughter is contagious.



***Show you like the other person.** We want to get closer to those who act like they like us—it's no surprise. Look for ways to show that you enjoy spending time with the other person.... It will pay off in raising your happiness quotient as well as theirs!

Joy Miller, PhD, LCPC

"Whoever is happy will make others happy,



How to Adjust Your Sails: A Journey to Happiness

Your happiness might be compared to the difference between captaining a motor boat and being the Sailor & Matey of your own sailboat...

The analogy...

A motor boat is fast and exciting. It cuts across the water on a full plane and can get to the other side quickly. One feels in control while speeding across a body of water as the boat quickly changes direction with a small turn of the wheel. However, the ride is very bumpy and rough on the body. A day out on the water, racing around, often leaves the body sore and full of bruises. A wipe out or wreck is very dangerous. In comparison to a sailboat, the individual is at the mercy of the wind and has to adjust their sails to work with the wind. They acknowledge that they cannot control the force exerted upon the craft, but rather work with it to use it to their advantage. They accept that have to use a variety of skills such as strength, agility, and balance to maintain speed. If they try to pull too much wind into the sails, the boat may capsize. The ride is often pleasant, relaxing, and often a great spiritual journey. The driver of the motorboat believes in the illusion that they are in control of everyday things; they become upset when the world does not behave. The sailor has learned to go with the flow of life and adjusts their sails. In adjusting their sails they manage stress and daily events often learning a richer, deeper meaning of life. The sailor

develops greater sense of fulfillment, deeper commitments, and tends to enjoy the simple things in life.



How does one become a sailor? You challenge your negative thinking and the illusion of control. Learn to adjust the sailboat sheets and navigate the stress by changing your underlying self abuse of negative thinking into positive statements. Accept that your strengths are your greatest weaknesses and that your weaknesses are your greatest strengths. Your licensed experienced therapist at Joy Miller & Associates can assist an individual in this journey and help the processes seem less scary. Besides with gas prices, wind is much cheaper than the gas it takes to fill a motorboat.

Jay Hubbs, LCSW

Some Happiness Facts

Did you know?

*54% of Americans say they are moderately mentally healthy, yet not flourishing--that is to say they are lacking enthusiasm for life, and not actively and productively engaged in the world (Keyes 2005).

*Most Americans say they are not as happy as they would like to be. They say they are not thriving and wanting more from their relationships, as well as wanting to have real "meaning in their life."

*Americans say they might have touched true happiness, but feel powerless to bring it back.

So what can you do?

- **See JOY in the ordinary.** Slow down and look at life as a child would view the world. Connect with your walking, eating, and simple pleasures like a breeze on your face.
- **Dream of JOYfulness.** Transport yourself to a joyful time or place in your mind. Create a visual "happy place" for yourself and take yourself

there to increase your happiness. In fact, a recent study showed that this type of activity can actually lower your anxiety rate and enhance your happiness quotient.

- **Be open to JOYful news.** Look for good things that surround you. The positive is there, you just need to open your heart, mind, & soul to find them.
- **Get JOY from your senses.** Too often we forget the Joyfulness of our own senses and walk through life in a mundane fashion. Magical moments come from the inclusion of senses-- the smell of grandma's baking, the smell of a new box of crayons, the warmth of the sun on our skin, or the first smell of flowers in the spring.
- **JOYful journalling.** Create a journal of joyful moments you have experienced. This activity is similar to keeping a gratitude journal, and it assists in helping you reflect, relish, and remember moments that add joy in your life.

"Happiness is the butterfly that alights on our shoulder unbidden"
~Nathaniel Hawthorn~



*An American Psychological Association presentation in 2009 suggested that researchers believe that people in their 80's and 90's are actually happier than younger people. Susan Turk Charles, a psychologist from California, conducted the research and she believes that "Older people are better able to recognize what will both them, and better able to navigate their environment."
*Research also noted that older adults spend less time ruminating about past events and about negative situations, which can only lead to more happiness.

Meet Our New Staff

JUDY CARLSON, LCPC, EMDR is a licensed clinical professional therapist that has been in practice for twelve years. She graduated with honors from Bradley University in 1997, where she received her Masters Degree in Counseling. She has worked in agency counseling with families, couples, and individuals (adults and teens) on many complex issues. Judy has worked extensively with people undergoing major life changing events. Judy has worked at the Center for Prevention of Abuse for the past nine years as a domestic violence and sexual assault therapist. She created an economic empowerment program for women in transition, to assist them in becoming financially independent. She has taught various workshops throughout the community on relaxation, stress management, and self-determination. She combines solution-focused therapy with other clinical approaches including the use of EMDR (Eye Movement Desensitization and Reprocessing). She has expertise in anxiety, depression, divorce and loss.

DEBORAH FITZPATRICK-EVENING RECEPTIONIST

Our new evening reception brings lots of expertise and experience to Joy Miller & Associates. Debbie has been employed at OSF St. Francis Center for Health for nine years. Her background includes duties related to registration, surgery and the surgery business office. Currently, she is a technician assistant in the MRI department.



JUDY CARLSON (above) & DEBORAH FITZPATRICK (below)

Joy Miller & Associates Adds Integrative Body-Mind Services

**We are pleased to
announce....**

Joy Miller & Associates is pleased to announce the addition of Integrative body-mind services to enhance our counseling and wellness practice.

We proudly now offer a variety of services which include yoga, meditation, massage, stress management skills, biofeedback, and regularly scheduled workshops at Joy Miller & Associates.

The new additions to our wellness component comprises of some widely respected and experienced consultants. Our massage therapists include Ann Mullen, LMT & Angela Corso, LMT, who have extensive experience in the the Peoria area. Yoga services are offered by our own Heidi Turcot LCSW, E-LYT and newly added yoga therapist Lisa Raabe Nelson, RYT. Both of our yoga therapists are have

advanced training & are enthusiastically received in the community. Lastly, Venkatsh Anadasayanam, offers training in meditation and healthy living seminars. Venky is a seasoned practioner and trained by none other than by Deepak Chopra.

Joyful Living Studio

To find out about these offerings, please go to our website at www.joymiller.com and click the Wellness icon. You will see a monthly calendar of all of our classes, as well as the instructor for each class. You may drop in for any class, but all workshops & massage therapy must be scheduled with the instructors.

**Call 309.693.8200 for more
information**



*We are very pleased to
announce the addition
of services that will
enhance your
wellness...*



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application on your iphone called "Live
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benefit from our services...