

A Solution continued!

the “merry-go-round” , the workshop settings build upon themselves to assist in identifying barriers to healthier living, learning basic skills to manage stress and, if desired, making a commitment to change going forward. This workshop is not group therapy but more similar to an adult education course where participants learn and share at their own pace with other members of the course. Each participant will have the opportunity to develop their own Personal InBalance Plan by the end of the 4 weeks.



The sessions are on Monday evenings . Each session begins at 5:30 p.m. and ends at 7:00 p.m. sharp. Costs of the sessions are \$50.00 per evening plus a nominal one-time materials charge. For more information, visit our website, send email to or call Yount at 828-454-5253 x. 2.

Other dates, times, locations may be arranged upon request.



Next Sessions scheduled:

September 12th through Oct. 10th

Please call or write for future dates!



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Barrett & Yount

Neighbors Helping Neighbors

▶ **Getting Back In Balance Workshop**



Barrett & Yount

**66 Walnut St.
Waynesville, NC 28786**

www.assessmentsbyyount.org



Getting Back In Balance!

Do you feel harried? Does it always seem like you are in a hurry and over taxed in time and energy? Does the expectation that you work 24/7 on a 40 hour a week salary keep you up at night? Marriage gone sour? Can't get "disconnected" in this ever increasing electronically connected world? Is your life OUT OF BALANCE with your personal values? If your answers to these questions are "YES!", then you may be at risk for depression, unhealthy uses of substances such as alcohol or other drugs, or other health related issues.



It is well documented that some levels of being under stress are motivational and can assist us in improving the quality of our lives. It is equally well documented that TOO MUCH stress becomes unhealthy for us and causes a multitude of health and relationship problems. In these cases, there is much hope and much help available.

Fix ME Now!

In this "quick fix" society we now live in, many people look to medicate themselves out of stress related issues. While there is clearly a positive role for medications, that role should be in addition to NOT instead of healthy lifestyle changes. For individuals suffering from chronic disease such as diabetes, weight



issues, smoking, alcoholism, drug addiction, and mood disorders such as depression,

a lifestyle change is often required for lasting improvement in a person's quality of life. Medications alone rarely resolve chronic illnesses. Medications are most helpful when used in conjunction with a change in lifestyle. Many times, medications aren't needed or are only needed for a short period when effective lifestyle change occurs.

Want To Get in Balance?

By having a guide to stop, catch your breath, take a structured and unhurried look at your current situation, it is possible and likely to find ways to make small

changes and take small steps that lead to improved quality of life for you and the important people in your life. After all, chronic stress related diseases rarely affect only a single individual within a family or team.

A Solution!

Cecil E. Yount, MA, LCAS, of Barrett & Yount, is offering a 4 week workshop designed to help participants stop, look, evaluate, and change (if desired) behaviors that lead to unhealthy lifestyles. The workshop is limited to 8 participants in order to provide maximum time for each individual to gain new perspectives. Designed to first help a person "catch their breath" and stop

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