

Life Christian Counseling Network

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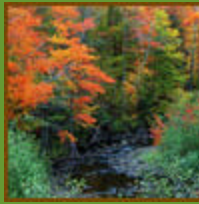
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Dear Peter,



Thank you for joining us again this month at Life Christian Counseling Network. As the seasons move on, our surroundings can become surprisingly unfamiliar. It's almost as if we are somehow transported to another world entirely! As the seasons continue to change, remember that you can count on us as a constant system of support through all the summers and winters of Life.

Upcoming Events

Celebrate Recovery

My husband, Peter, and I were invited to attend a local Celebrate Recovery (CR) meeting last Friday night and we loved it! What amazing energy and what a friendly and supportive group of people! Rev. Dr. Kerry Hill and First Lady Rev. Donna Hill host "Celebrate Recovery at the Chapel" at 7 pm every Friday night at New Chapel Baptist Church in Camp Springs, MD.

We love the awesome work of CR, a national ministry developed by Saddleback Church in California. CR is a "free Christ-centered program that aims to Heal Hurts, Break Habits and Release Hang-ups through sharing and caring support groups."

New Chapel invites you to just show up at 7 pm every Friday! They make it easy to attend because their gym is converted to a family skate night for 3 years old and up. So, bring your family to skate while you find freedom from hurts, habits and hang-ups. You don't even have to bring skates - it is all provided. All that's missing is you!

For more information about Celebrate Recovery at the Chapel , call 301-899-0877.

For information about Celebrate Recovery groups in your area, you can either visit the [Maryland Celebrate Recovery](#) site, or visit the [National website](#).

If there's any other way that we can help, please don't hesitate to contact us at Life Christian Counseling Network's main office at 301-292-2778.

Chris Buckingham

Featured Counselor



Christine Buckingham, M.A., NCC, LCPC
Executive Director

We all have experienced how stress can hurt relationships and create marital and family discord. In fact, many people seek counseling to give them tools to reduce stress and improve the quality of their life. This issue we are featuring a report from Johns Hopkins about the impact of prolonged stress on your emotional health. Please call Life Christian Counseling at 1-888-283-4220 to talk with someone today about stress management or how to reduce conflict in your life and in the lives of those you love.

Click [here](#) to read Chris' full biography.

What Happens When Stress Doesn't Go Away from Johns Hopkins

Can constant stress literally cause a mood disorder? Possibly. Of course, not everyone with depression or anxiety has experienced a very stressful event -- such as the death of a loved one, moving to a new town, or losing a job. And not everyone who is under stress develops depression or anxiety. But stressful events may induce changes in brain chemistry that predispose you to depression and anxiety.

Usually, we think of stress as a bad thing. But at its most basic level, stress is helpful. When your mind senses a dangerous situation -- such as an animal about to attack -- it triggers your body to react with the "fight or flight" response, which helps you do one of those two things.

The hypothalamus brain region signals your adrenal glands to release a surge of hormones, mostly epinephrine (adrenaline) and cortisol. Epinephrine increases your pulse and breathing rate, sending more blood and oxygen to your muscles and brain to give you a jolt of energy. It also contracts your pupils and helps you focus your vision. Cortisol ("the stress hormone") boosts glucose levels in the bloodstream and maximizes the brain's use of the sugar as well as slows down nonessential functions like those of the digestive and reproductive systems, so that your energy can be directed to the emergency at hand.

Your body is well equipped to deal with acute stress, like the animal attack mentioned above. When the stressful event is over, your body's systems should return to normal. But in today's world we usually face psychological threats, such as marital discord, financial troubles, or the death of a loved one, which are more chronic and prolonged than immediate physical dangers.

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