



# Alternative BEHAVIORAL CARE

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## Autumn Anxiety is Real and Treatable!

Many people who battle anxiety say the first few weeks of fall are the worst for them. This time of year brings a lot of changes a new school year, new teachers, new schedules etc...with all this newness comes a lot of stress! So, as the air crisps and the leaves start to fall its important to learn how you

can keep your anxiety in check throughout the season. [Read More](#)

## Keys to Handling Difficult People....

Whether its a family member, a co-worker, or a long lost friend, aggressive and challenging people can turn a perfectly good day into a disaster. For those times when you cant just walk away its imperative to learn how to deal with the impossible people in your life. With the clingy types, the controllers, and the competitors the first step is learning to take responsibility for our own part in the interaction.

Detachment is always the best response, interacting without having a reaction will allow you to make progress with the difficult person. [Learn More](#)



Why You Feel Needier Than Ever and How to Let Go

Social media, email and text make it far too easy to reach out for help, frequently exacerbating neediness. Some of us reach out when helpless while others need constant reassurance that they are loved. Dependency expert Psychologist Robert F. Bornstein has two key suggestions to help us move toward healthy dependence.

**1. Make "I Can Do It Myself" Your Default.**

Before you ask others, promise yourself, you will spend 5 minutes trying to figure it out on your own.

**2. First Breathe, Then Connect! Don't Demand.**

Instead of asking or demanding that people spend time with you, step back, breathe and ask yourself what would *they* want or need. Then send a thoughtful or entertaining message to see if they have the same wish as you! [Learn More About How to Let Go](#)

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636.477.6111

