

OBSIDIAN QUARTERLY

THE ACT OF KINDNESS

By Lindsey Kovalik Bianchini, Owner, LCSW, LISW-CP

Have you ever done something kind for someone else, and felt happy about it? That's because being kind to others not only benefits the other person, but it can benefit you as well! According to the Random Acts of Kindness Foundation, there are scientifically proven benefits to being kind. Some of these benefits include stimulation of serotonin, more energy, and lower blood pressure. You might be asking yourself – what is kindness? The dictionary says that kindness is the quality of being friendly, generous, and considerate – there are so many ways to fulfill this definition! I personally do this by complimenting someone at least once a day, even random people at the grocery store! To be kind, you can compliment a stranger, organize a community cleanup, hold the door open for someone, leave someone a kind note, donate your time or items, listen attentively, or give someone a genuine smile. There are endless possibilities for ways to be kind to others, which will result in benefits for both you and the person you choose to be kind to. What most people find hardest to do is to be kind to themselves. What kinds of things do you say to yourself, or about yourself? The things you say to yourself – would you say those same things to your best friend, or someone you love and care about? The way you speak to yourself has a huge influence on how you're feeling. Maybe when you leave a kind note for someone, you can also leave one for yourself. Or perhaps, after you compliment that stranger, you can compliment yourself. Being kind to yourself is just as important as being kind to someone else. Don't forget to be kind to animals as well! Whether it's gently petting your dog, or helping the wild turtle make it safely across the street – kindness to animals is also an important part of our lives.

Wondering how you can be kind to others, or even yourself? Don't hesitate to ask your therapist, or look at the sources below.

Sources:

The Random Act of Kindness Foundation - <https://www.randomactsofkindness.org/the-science-of-kindness>

Psych Central - <https://psychcentral.com/health/how-to-be-kind-to-yourself>

Mental Health Foundation UK - <https://www.mentalhealth.org.uk/explore-mental-health/kindness/kindness-matters-guide>

American Humane - <https://www.americanhumane.org/bekind/#activities>



FALL HOLIDAYS:

October:

Breast Cancer

Awareness Month

Women's Small

Business Month

ADD/ADHD

Awareness Month

National RSV

Awareness Month

Sarcastic Awareness

Month

October 4: National Taco Day

October 9: National Indigenous Peoples' Day

October 10: World Mental Health Day

October 17: National Pasta Day

October 29: World Stroke Day and National Cat Day

October 31: Halloween



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MEET THE STAFF



Jenny Diamond, LCSW

Q: When did you know you wanted to be a professional social worker?

A: I was always someone friends would come to for advice and support growing up. I also became a mom at a young age and after the range of support I received in managing this, I decided I wanted to give back to others. I discovered I really liked being able to help people overcome challenges and cope with difficult periods in their lives. There is so much reward in seeing people grow and make progress.

Q: What do you do for self care?

A: Workout/go for a run, take my dogs for a walk, listen to music, get my nails done, get together with friends.

Q: What is your favorite coping skill?

A: Talking with trusted friends or spending time with my dogs.

Q: What is a fun fact about you?

A: I enjoy anything DIY and have revamped various pieces of furniture and other decor.

Q: What is your favorite movie and/or TV show?

A: I enjoy a good reality TV show or docuseries.



FALL HOLIDAYS:

November cont.:

November 11: Veterans Day

November 13: World Kindness Day

November 28: National Giving Day

December: Universal Human Rights Month

December 3 - 9: National Hand Washing Awareness Week

December 7 - 15: Hannukkah



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2024 INTERN - ERIN LOWRY



We are excited to announce our new Masters Level intern starting in January 2024. Erin Lowry is currently a Master's Level social work student at Aurora University and will graduate in Summer 2024. She will meet with clients individually both in person and virtually, and will accept BCBS PPO plans and offer a flat \$35 self-pay per session.

Erin has an interest in working with clients dealing with anxiety, depression, relational stressors, and trauma. She likes to work with a person-centered and mindfulness approach to support her clients in finding calm in their daily lives.

FALL HOLIDAYS:

November:

National Native American Heritage Month

National Diabetes Month

Gratitude Month

November 12-18:

National Hunger and Homelessness

Awareness Week &

World Kindness Week

November 19-25:

Better Conversations Week

November 1: National Day of the Dead and Stress Awareness Day

November 5: End of Daylight Savings Time

November 7: Election Day - Check your local election schedule

REMINDERS AND UPDATES

Out of the office reminders:

- Lindsey Kovalik Bianchini, LCSW, LISW-CP is out of office 11/28 - 12/2
- Danielle Slyder, LCPC, ATR is out of office 11/23 - 11/24 and 12/25 - 12/26.
- Jenna Froelich, LCPC, CVDP is out of office 11/20 - 11/24 and 12/25.
- Sara Kaeding, LPC, LCMHCA, NCC is out of office 11/21 - 11/24 and 12/25 - 12/29.
- Lindsay Sher, LCPC is out of office 12/25 and 1/1.
- Silvia Gomez, LCSW is out of office 11/18.
- Katey Kollereb, LCSW is out of office on 12/6 and 12/20.
- Elizabeth Bremner, LPC is out of office 10/30, 12/25 and 1/1



Please speak to your therapist about your session needs during those times.

Additional dates may be communicated to you by your therapist.

INSURANCE IN THE NEW YEAR

For many, insurance plans renew on the calendar year so plans will reset on January 1, 2024. This means deductibles, out-of-pocket and rates may change with the new year. We highly recommend reaching out to your health insurance to determine if there will be any changes to your plan or any services you use regularly (i.e. meeting with your therapist or bloodwork).



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COMMUNITY CONNECTION

Some of our Obsidian team was able to get together in the beginning of October at Blue Sky Farm Goat Yoga for some relaxing rock painting, goat cuddles, and team bonding. It's important to our organization to be able to step away from our routines to catch up. We were fortunate enough to have a lot of our team come together to spend the afternoon enjoying the animals and peace of the farm!

"I can't say enough good things about the team here at Obsidian. I am so lucky to have such wonderful therapists working together to create the outstanding atmosphere here at Obsidian Behavioral Health." – Lindsey Kovalik Bianchini, LCSW, LISW-CP; Owner

This team and their strengths are beyond words, they are a group of incredible people and it is truly a special time when we get to meet away from the stress of life we all encounter.

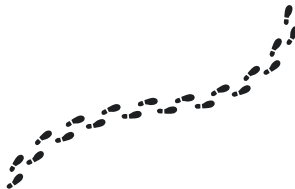


Blue Sky Farm

COPING SKILLS CORNER

Sara's Favorite Coping Skill

Take a walk outside and spend some time in nature.



Stay connected! Click the icons to add Obsidian on social media.



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SPEAKING EVENT

Lindsay Sher, LCPC will be speaking at the Traugher Connects Meeting on Tuesday, November 7th at 7 pm.

This event is aimed at supporting parents in understanding their teens mental health.

Traugher Jr. High School, 570 Colchester Drive, Oswego, IL 60543



FALL HOLIDAYS: December cont.:

December 26 -

January 1: Kwanzaa

December 1: National Pie Day

December 2: National Special Education Day

December 6: National Day of Remembrance and Action on Violence Against Women

December 7: National Pearl Harbor Remembrance Day & Illinois Day

December 21: Winter Solstice

December 25: Christmas Day