



## Sleeping Well?

How are you sleeping? We know that doctors recommend that the average adults get around 8 hours of sleep a night to feel their best and have the body repair itself. There are those who can function well on 6 hours and some that may need 9 or more. It is recommended that the average adolescent needs about 8-10 hours.

If you feel that you aren't sleeping well or enough, here are some tips to create a more restful environment in your bedroom.

1. Move the TV out.  
Some may say, I fall asleep better with the TV on. I heard this numerous times but studies show that TV can actually disrupt your sleep cycles and it's a temptation to stay up way later than you want to. Besides, not having a TV in the room can enhance your reading and "you" time.
2. Change the décor.  
Paint your room in soothing colors that help you feel peaceful and calm. Natural colors such as greens, blues, browns, or light grey work well. Choose your hues carefully as dark grey or too much blues can be grieving rather than calming. It's your bedroom, so choose what makes you feel at peace.
3. Dim the lights.  
Lighting affects our moods and low lighting can help us become sleepy. If your lighting is bright, change out the bulbs with a lower watt or install a dimmer switch so you can dim the lights before getting ready for bed. If the light outside is too bright, go for thick heavy curtains or blackout liners.

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## HOURS OF OPERATION

Monday through Thursday, 8 am to 8 pm  
Friday, 8 am to 5 pm  
Saturday by appointment

## Acorn Counseling Education Services

*Working to strengthen families, children, and the community*

Christy Graham, President of ACES

### It's Play Time!

This month we are focusing on my favorite activity: PLAY! You might wonder why an adult of my advanced years would be so excited about what most people see as a childhood only behavior. Wonder no more! Play is central to our experience as humans in several important ways.

First, it is the primary way we learn to interact socially with others. From our first peekaboo game to chicken scratch at the nursing home, we are playing to connect throughout our lives. Second, it is the first way we learn about concepts like math, physics, and the world around us. Hot wheels, Legos, and other building blocks help us to learn how to create and imagine and follow instructions. Third, it is important to how we learn to self soothe and control our emotions. We've all seen a game of catch become a wild exploration of how to throw the ball in crazy ways and still catch it! Finding ways to create frustration and learn to overcome it are central to the 'fun' of some games.

These reasons and so many more are why I am a therapist who uses play to effect change in clients. Follow us on Facebook, Twitter and LinkedIn to find out more about play this month.

**Need other kinds of helpful information about play? Call us for a free 15 minute consult on the phone. If we can't help you, we want to help you find someone who can.**



Our therapists will be on Facebook March 9th at 9 pm for our Facebook Party!

4. Choose a comfortable mattress. Stay away from the extremes of too hard or soft. This again is a personal choice of what feels most comfortable for you throughout the night. Sleep experts advise that the mattress ought to support your body in a neutral position, one in which your spine has a natural curve and your legs, shoulders, and head are supported in proper alignment.

If these tips aren't helping, try other alternatives such as breathing exercises, meditation, or scheduling therapy with us. We are here to help in any way to get you sleeping better, so you can do the things you want to the next day.

Renee Pfeffer, LPC Intern supervised by Eren Turner has recently moved to Acorn. Click here for her online schedule or call 940-22-8703 ext 702, if you need help with the barriers you find to sleep.

## Meet Renee!



### Our new adolescent and adult therapist

We first learned about Renee when Eren Turner, director of Youth and Family Services came to tour our offices. She spoke very highly of Renee and said she was looking to add experience at a private counseling firm to her already broad experiences at Youth and Family Services. It seemed like a partnership made in Heaven [or at a Chicken and Waffles.]

Renee started the first of March and has hit the ground running by writing her blog. If you want to get to know her, read her entry and call her at 940-222-8703 ext 702 or write her at [renee@acorncounseling.services](mailto:renee@acorncounseling.services). Presently her schedule is Tuesday, Thursday during the day and a few hours on Wednesday night. Her schedule will fill up quickly, so call soon!

Next month, our focus is going to be Career! How can we make our most important relationships more fun? Play! Our monthly FB Party will focus on it and so will our newsletter.

## CALENDAR OF EVENTS

### Facebook Party

@ Acorn Counseling Education Services FB Page

MARCH 9<sup>TH</sup> 9:00 PM TO 9:30 PM

Join us on Facebook for a party to talk about Play. We are looking to teach about incorporating play into your everyday life. Simply click on the Events page of the site and comment and ask questions. *\*Please remember this is for education purposes and is not a substitute for counseling. Also, Facebook is not private so be thoughtful in your questions and comments.*

### Upcoming Events and News

Acorn CES's roots are digging deep.

- Julie Wright will be teaching Meals Matter classes on Saturdays during April. Please watch for more details!
- Farmers Insurance at Oakmont will have a vendor fair on April 30<sup>th</sup> and we will be a part of it.
- Our bilingual counseling program will begin taking clients in April and May.
- Denton Regional Suicide Prevention Coalition will present 'Knowing the Signs' for anyone interested [clinician or parent] on April 12<sup>th</sup> from 2 to 3.
- We are looking forward to celebrating Children's Mental Health Awareness day on May 5<sup>th</sup>.
- Join us at WATCH Denton's Summit meeting on May 12<sup>th</sup>. CCHAPS data will be presented and we have an amazing guest speaker coming.

If you are interested in joining us, referring to us, or just finding out more about the exciting new things we are doing, call us! We can schedule a 15 minute phone consult to talk about just about anything. 940-222-8703.

Laura and Renee are accepting new clients. Call today to find out how they can help you and your family become stronger and closer! We are currently putting people on a waiting list for our two bilingual therapists that will be coming on board late spring and early summer.

In case of inclement weather, we will abide by DISD unless you are specifically *contacted* by your therapist. If in doubt, call the office at 940-222-8703.

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