



Depression and Bipolar
Support Alliance
New Jersey

DBSA Princeton News

September 8, 2009

DBSA Princeton meets Tuesdays and Wednesdays, 7:30 PM to 9:15 PM
in Lambert House (Classroom 1) at the University Medical Center at Princeton.

For directions and updates, visit <http://dbsaNewJersey.org/princeton/>

Upcoming Speakers

Today: *Ask the Doctor* with Dr. Ricardo Fernandez. Dr. Fernandez, a psychopharmacologist, will speak on mood disorders and take your questions.

Tuesday, October 13: *Metabolic Syndrome and Mood Disorders* with Dr. Lisa Motavalli. Dr. Motavalli, a cardiologist, will speak on metabolic syndrome for persons with mood disorders.

Tuesday, November 10: *Sleep and Mood Disorders* with Dr. Marcella Frank. Dr. Frank, who specializes in sleep disorders, will speak about issues with sleep for persons with mood disorders.

Tuesday, December 8: *Ask the Doctor* with Dr. Anne Rochford, psychiatrist. Bring your questions on mood disorders and their treatment for Dr. Rochford.

Tuesday, January 12: *NAMI Hearts and Minds* with Salvina Cappello, NAMI-NJ. Salvina will speak about NAMI's consumer education program on wellness.

2009 Annual Meeting

Our group's annual meeting will be on **Tuesday, December 15, 2009** at our normal meeting time and location. A regular peer support meeting will immediately follow. The main purpose of the meeting is to elect the Board of Directors for 2010. There are up to eight positions available, as all terms expire annually.

All members, including current board members, are eligible for election to the board. You are a member if you attend our support group meetings. If you wish to serve on the Board for 2010, please let David know. You do not have to be present at the Annual Meeting to be elected to the Board.

We Are Tax-Exempt

DBSA Princeton is now a tax-exempt, non-profit organization under federal IRS rules. This means that our group may accept tax-deductible donations from individuals, and may apply for and receive grants that are available to tax-exempt organizations. To make a tax-deductible donation to our group, please go to <http://dbsaNewJersey.org/princeton/donate.htm>.

DBSA Princeton has also been granted an exemption from the New Jersey sales tax. We do not have to pay the tax on any purchases made for our group.

Attorney Speaks on Employment Issues

We were honored to have Ms. Elizabeth Zuckerman, Esq., attend our meeting on August 12 to speak on, and answer questions about, employment and workplace issues that are of concern to our members. For more information, see the August 16 news item on our web site at <http://dbsaNewJersey.org/princeton/news.htm>.

Tuesday Splits and Wednesday Meetings

As our group has grown in size, we had become challenged to serve the needs of our members to share and participate in our meetings. To keep the number of participants in any meeting to about a dozen or less, we are now splitting our Tuesday meetings into two or three groups when we can (we don't always have the extra rooms available), and have added a Wednesday meeting. We implemented the change to our Tuesday meeting on June 30, and have been meeting on Wednesdays since July 1.

The Tuesday splits have been a success as most participants (but not all) have liked the change. After a slow start, attendance at the Wednesday meeting has picked up with 10 or more attendees at each of the last three meetings.

Facilitator Training

DBSA New Jersey, in cooperation with the New Jersey Self-Help Group Clearinghouse will conduct facilitator training at RWJ University Hospital on Saturday, September 26 from 9:30 AM to 4:00 PM. The training is primarily for new facilitators, and members who may be interested in becoming facilitators, but experienced facilitators are welcome as well.

The training is free (including pizza for lunch), however a check for \$10 payable to DBSA NJ is required for registration. The check will be returned to you when you attend, or retained as a donation if you don't. If you would like to attend, send the check to Ron Klein, 327 North Ave, Fanwood, NJ 07023. You can also give your check to any facilitator, and we will handle the registration for you. Questions may be directed to Ron at 908/377-5245 or to a facilitator.

Just be happy with who YOU are...

By Susan S.

We are all different; we're individuals. True success and achievement is not about being better than someone else; it is about being better today than you were yesterday. Comparing yourself to anyone else is self-defeating, as there will always be someone faster, smarter, better looking, wealthier, and healthier than you. We have been trained to compare ourselves to others as a way to determine our self-worth. But self-worth begins on the inside and never on the outside with comparing.

Continuous comparisons create a constant stream of negativity in the form of competition between ourselves and the people around us. This especially happens between siblings and family members to the point where relationships are stretched to the limit and destroyed over competition and judgment. Comparing yourself to someone else is a veiled form of judgment. It is unhealthy and unrealistic. And stirs negative emotions, such as jealousy, which are only ever destructive, in the main for the person feeling the envy, so why put yourself through that...

On the other hand, we often demand a comparison, thinking that we deserve something that someone else has. This creates a strong sense of inferiority, which, in turn, creates guilt and anger. Comparing yourself to anyone or anything else is a battle that cannot be won. To be truly happy requires that you let go of comparisons and establish your own measure of success.

Who do you think is more successful: the person who overcomes anger or the person who overcomes an addiction to alcohol? We could debate this question forever, but the truth is that there is no comparison! Our goal is to improve, to grow, and to develop love, compassion, and to experience joy. Comparing ourselves to others creates an unrealistic and unobtainable standard to live up to and leads to unhappiness.

All of these comparisons are unhealthy and cause you to determine your self-worth from outside sources. You are beautiful, you are wonderful, and all that beauty and all that wonder are already inside of you. Be happy by not comparing and you will see just how beautiful you are.

Susan S. is a writer who blogs at

<http://ifyougoingthroughhellkeepgoing.blogspot.com/>