



HPC Gets a Facelift

Change is constant (see Amy's note below), and everything is ever evolving. HPC is experiencing some change and growth as well with the start of 2019. The first change you might notice is that the Administration building at 205 is being repainted, redone and redecorated. All of the staff are huge Harry Potter fans, so we decided to theme the rooms. You will have been seeing the new paint colors in all the rooms. If you keep your eyes open, you'll also see various references, characters, and artwork from the world of Harry Potter popping up in all the rooms over the next couple of months. We are having a lot of fun doing it so hopefully you'll have a lot of fun seeing it.

The next big changes you'll notice at HPC are staffing. HPC has said goodbye to Dr. Saraceno with the end of the 2018 year and in 2019 will be welcoming two new doctors to staff—Dr. Wienczkowski (pronounced Winds-cow-ski) and Dr. Troxler. We are very excited about these changes in the HPC family and look forward to having all of you getting to know them.

"It does not do to dwell on dreams and forget to live"
Albus Dumbledore



Dr. Wienczkowski, MD

My name is Dr. Josh Wienczkowski, MD. I ultimately pursued my education at Middle Tennessee State University, where I attended undergraduate, and went to medical school here in Johnson City at the ETSU Quillen College of Medicine. Following medical school, I completed my internship with the ETSU Family Medicine of Kingsport program. My interest in evidence-based addiction medicine started in medical school while I rotated through High Point Clinic. On a personal note, my wife and I met in medical school. We have a Great Dane, Wrigley, and love to take him hiking. When I'm not working or teaching, I have a home studio I work from as an audio engineer; if I'm not there, I'm probably out on the lakes and rivers of East Tennessee fishing for trout!



Dr. Troxler, MD

Joyce Troxler, MD, is a board certified family medicine physician. Dr. Troxler earned her medical degree in 2005 from East Tennessee State University's Quillen College of Medicine and completed residency training in 2008 at the Mountain Area Health Education Center (MAHEC), Asheville, North Carolina. She has recently returned to East Tennessee and has joined the faculty at ETSU in the Department of Family Medicine. She previously worked in a rural community in SW New Mexico providing care for those with Substance Use Disorder.

The Sharing Branches

Each month we are going to be doing something different with the Sharing Branches found in the 203 lobby. This month, as January blows out the old year and brings in the new, we thought we'd take the time to focus on celebrating differences. Each person; each one of you, each one of us; is uniquely different even while being ultimately the same. It's our sameness and our differences that make friendships, families, and life so beautiful, agonizing, and scary. If we can step back and appreciate the uniqueness around and in us, we can see the beauty that all of us together create. So, during the month of January we are asking each one of you to create a paper snowflake to help decorate the Sharing Branches. Each one will be different, yet the same. When they are all put together and hung up, we will have created a unified scene celebrating us all.



"The only thing that is constant is change." – Heraclitus

Change is always going to happen, and it is very difficult for everyone. You can fight it or welcome it—it's your choice. Change will occur regardless, so I say that we find a way to embrace it. Remember, our attitudes and the ways we approach change significantly affect the way we deal with things in our lives. Here are some ways that may help us learn to deal with things more effectively:

- 1) List and review three of the biggest/most difficult challenges in your life and then write about how you coped with the challenges and how you grew and learned from these experiences.
- 2) Break change into small actions steps then just take one small action at a time.
- 3) Step away from the problem by taking some time and practicing relaxation techniques such as meditation, breathing, exercise, or a hobby you enjoy.

Ways to Let Go and Move On

Accept the truth and be thankful
Distance yourself for a while
Focus only on what can be changed
Claim ownership and full control of your life

Focus inwardly
Change the people you choose to be with
Take a chance
Focus on today

By Amy Lovell, LMFT, Clinical Director

Practicing Nonattachment with the Seasons of Change



When I think about change, I think of the seasons. We have finished the fall season with all of its splendid colors and are approaching the dead season of winter. Before we know it, the season of spring will be here with its timid shoots and then bursts of flowers to ride us on through the hot days of the summer season with fullness of leaf and flower.

Change is occurring all the time, around and even in us as our own cells are splitting and making new cells. Our hair and nails are growing and changing (perhaps, for some of us, greyer minute by minute). Our children, who were once in diapers, are now running and talking. What makes change difficult and unwanted? There are times when change can't come fast enough like when we are faced with a stressful project at work we need to complete; or when we are just waiting for our dinner to finish cooking. What makes change difficult and unwanted is when we don't want it to happen. At times, we hold onto our current situation, resentment, relationship, grief, anger, age, anxiety, or location and fight the clock—wanting to go back in time to when we experienced what we perceived as being happier. This attachment can serve us to bond with people, places, pets, things, and situations but if we hold on too long it can cause us discomfort or tremendous pain.

How do we learn to balance our attachments and move naturally and rhythmically with the change of seasons so that we experience less pain and more happiness? Each of you knows the achy feeling in your hands when you've grasped tightly to the steering wheel or a pen for too long. We also get a type of mental and emotional achiness when we've held on too long to a situation, emotion, plan, or person. Practice releasing some of your attachments this month by coming to the Mindfulness Meditation Group on Thursdays at 3pm. When practicing mindfulness, you increase your awareness of attachments to the past or even to your future plans and begin to allow these attachments to melt off of you like the snow melting on a warm, winter day or a leaf falling from a branch during fall. Try imagining yourself as a tree that is rooted deeply into your family, culture, values, and community and no matter the season or weather you will be steadfast. You will survive and if you can practice nonattachment and you may even thrive.

By Emily Hand, MA, NCC

5-4-3-2-1 COPING TECHNIQUE

By: Jordan Killebrew—Submitted by Emily Hand

5...4...3...2...1 I want relief! There are 5 steps to take to help create progress towards finding symptom reduction and/or relief. Taking these 5 steps might not be overnight magic but they can significantly help reduce symptoms of anxiety, trauma triggers, and other unwanted emotions or thoughts. With any type of trigger, emotion, or thought that needs coping skills, it is important to always remember the breath! Like in yoga, slow, deep, long breathing can help maintain a sense of calm or help return to a calmer state. Start with deep breathing as the introduction to any coping skill. Breathe in for 5 seconds, hold the breath for 5 seconds, and breathe out for 5 seconds. Continue this pattern until you find your thoughts slowing down or until necessary. I suggest at least 5 rounds of these sets but more is of course allowed and encouraged. After you are able to find your breath, go through the numbers in order to help ground yourself in present thinking through external factors:

5: Acknowledge FIVE things you see around you. Maybe it is a bird, maybe it is pencil, maybe it is a spot on the ceiling, however big or small, state 5 things you see.

4: Acknowledge FOUR things you can touch around you. Maybe this is your hair, hands, ground, grass, pillow, etc, whatever it may be, list out the 4 things you can feel.

3: Acknowledge THREE things you hear. This needs to be external, do not focus on your thoughts; maybe you can hear a clock, a car, a dog bark. or maybe you hear your tummy rumbling, internal noises that make external sounds can count, what is audible in the moment is what you list.

2: Acknowledge TWO things you can smell: This one might be hard if you are not in a stimulating environment, if you cannot automatically sniff something out, walk nearby to find a scent. Maybe you walk to your bathroom to smell soap or outside to smell anything in nature, or even could be as simple as leaning over and smelling a pillow on the couch, or a pencil. Whatever it may be, take in the smells around you.

1. Acknowledge ONE thing you can taste. What does the inside of your mouth taste like, gum, coffee, or the sandwich from lunch? Focus on your mouth as the last step and take in what you can taste.

These five steps are a way to ground yourself in the NOW! Take you out of your head and help stop your flooded thoughts. In Cognitive Behavioral Therapy, it is believed that our thoughts are directly linked to how we feel and although we often feel like we lose control of our thought processes, we have tools that can help us gain back a sense of control and lead to healthier thought patterns. In moments of anxiety or triggered trauma, it is important to stay present focused to help find symptom relief. Hopefully this coping technique can help you or someone you know stay present, stay grounded, and stay healthy.

Did You Know...?

The New Year in Scotland is called Hogmanay. One ritual still sometimes celebrated is to take a barrel full of tar and set it afire. As it burns, it is rolled slowly through the town streets to signify the passing of the old year and the beginning of the new year.