



# Calcasieu Workforce Gazette

Calcasieu Workforce Center Youth Department

Issue 16

## How to get in a GOOD MOOD

All of us have a down mood every once in a while, but we don't have to stay grumpy or sad just because we got up on the wrong side of the bed. Even though down moods are normal, it is often easy to get stuck in the "down in the dumps mode." When left untreated, sadness can lead to clinical depression.

It takes a conscious effort and hard work, but you can make your mood better. Focus on the things you can control instead of things you can't. Here are some simple strategies to increase your mood - even just a little!

**Smile.** Scientists can prove a direct connection between smiling and being happy.



**Exercise.** Exercising creates Endorphins, which stimulate creation of the chemical Dopamine, which makes you happy and it will help you stay in

shape.

**Do Something You Love.** Spend every day doing something that makes you smile, be it cooking, reading, or exercising. If all you can think of is watching the television, get out of the house and try something new!

**Think of Others.** There is nothing like forgetting yourself and looking for ways to help and serve others when you are feeling down. Research supports helping others makes us happier than doing a hobby.

**Chill.** Take deep breaths, relax, or do whatever calms you down.

**Listen to Positive Music.** Listening to upbeat, happy music while singing along or dancing will take the anger or sadness right out of you!

**Think About Something You Love Or A Gratitude.**

Thinking about sad or depressing things will bring you

down. Cheer up with optimistic thoughts or a written list of things you are grateful for.

**Don't Drink or Drug.** Drinking alcohol causes you to create excess dopamine (the chemical that makes you happy), and the day after, your body can't produce enough to compensate, making you more depressed than usual- not to mention hung over.

Sometimes it is difficult to change your mood. I suggest not focusing on changing your mood, but changing your thoughts, feelings, or actions. Think happy thoughts! Be with good people! Stay away from constantly negative people! Change your environment! There are usually specific things that will help you personally to feel happy. Every day is filled with opportunity; try to look at the bright side of life and take hold of your opportunities. Remember, if you can't shake it on your own, seek help.

By: Solutions Counseling & EAP



## Upcoming Community Events:

### Effective Communication Leadership Seminar

**Guest Speaker:**  
Keri McCorquadale

**03/22/2013**  
**Time:** 4:00 p.m.-5:00 p.m.  
**Location:** Elcie Guillory Rm., 2424 3rd Street, Lake Charles, LA, 70601  
**Admission:** Free to Youth

### Job Start / Job Fair

**4/10/2013**  
**Time:** 9:00 a.m.-12:00 p.m.  
**Location:** Business & Career Solutions Center Calcasieu Consortium, 2424 3rd Street, Lake Charles LA, 70601  
**Pre-Registration starts March 11**  
**Admission:** Free to Public

### CPSO to Host "Safe & Secure: A Ladies Firearm Safety and Self-Defense Workshop"

**3/9/2013**  
**Time:** 8:00 a.m.- 3:00 p.m.  
**Location:** CPSO Training Academy  
**Address:** 3958 Mallard Cove Drive, Lake Charles, LA 70615  
**Admission:** Free to women from Calcasieu Parish 18 years of age and older

## Youth Summit

The Calcasieu Workforce Center will be hosting it's Annual Youth summit, Wednesday, April 17, 2013, at the Lake Charles Civic Center. This program's mission is to empower and provide youth

with the opportunity to develop and achieve goals through workforce training while promoting self sufficiency. The youth participating in this event will experience a selection of workshops along with a

job fair to assist in their employment search. Come and enjoy this community event.



**Calcasieu Consortium  
Business & Career Solutions Center**

2424 3rd Street  
Lake Charles, LA 70601

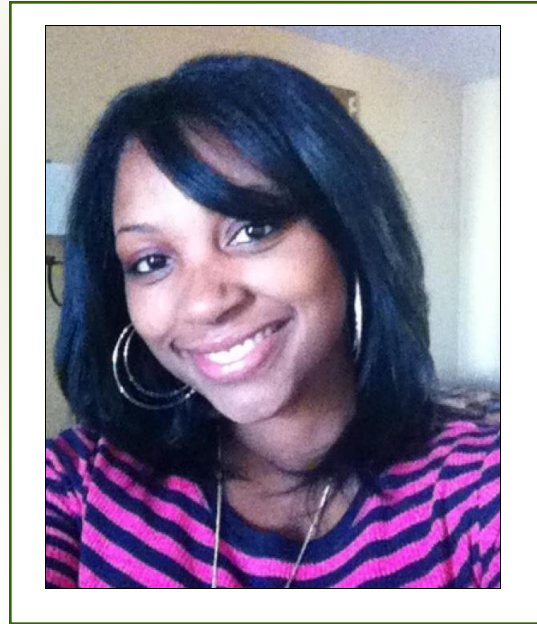
Phone: 337-721-4010 Ext. 5002 or 5004  
Fax: 337-721-4186  
E-mail: cwc\_youth@lwia51.com

This program is sponsored by the Calcasieu Parish Police Jury, in conjunction with the Workforce Investment Board, and the Louisiana Workforce Commission and funded by the Workforce Investment ACT



## Participant of the Month!!!

Ms. Eshonna Volair



2012 LPN Graduate



Like

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## Youth Getting Involved



The Calcasieu Workforce Center, Youth Department would like to extend their thanks to Mr. Trey Hays Capital Ones' Vice President of Business Banking, Ameri-Corps and all the participants that came out to the "Credit & Money Management", Leadership Seminar. Leadership seminars are held once a month and open to the public, so bring a friend.

U + ACTION = CHANGE

