



Less Stress Press

The Midwest Center

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Dedicated to hope and help since 1984

Minute

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"The Midwest Center is committed to providing the individual with cost and time efficient cognitive behavioral based solutions - solutions that foster strength, character and self-empowerment."

Listen Sooner

During a recent phone support call a young man was describing his progression of symptoms over a period of years. At first the most bothersome feeling was one of inner irritation. He couldn't quite put his finger on where he didn't feel well, but he just didn't feel "normal." Within a couple of months he developed upset stomachs, then IBS, then reflux... Within a year he carried all of these plus periodic dizziness, then feelings of unreality. Perhaps as distressing to him as the physical symptoms, if not more, he began to feel abandoned spiritually. The night before calling he had experienced a panic attack.

While feeling great empathy for him, I was in such awe. Despite all our attempts at denial, our body, mind and spirit will pester us until we pay attention.

Listen sooner, Carolyn

Dear Carolyn,

I'm enclosing a quote that I got from my self-defense class years ago. The class is called, Impact!" and it involves actually hitting guys wearing protective suits so you can act out the situation. I had plenty of anxiety and fear, but my fear of being attacked was greater, so I did it (the class) anyway.

THE TRANSFORMATION OF YOUR RELATIONSHIP WITH FEAR

By Stewart Emery

The absence of fear is not an option that is available to most people. People are looking for that, but that is just not an option.

The difference between people who are really making it in the world and the people who are not is simple: The people who are making it in the world are making it AND they have fear. The people who are not making it just have fear. But those of us who are making it have fear. We think, "Well, they're different." But they are not. All that is different about them is their response to fear.

If life is the experience of moving along the path toward God-hood, or occupying more and more of the reality of the universe-if that is true, then life is about expansion.

DON'T PANIC!

- Accept the feeling, it can't hurt you.
- Give yourself permission to feel anxious.
- Don't over-breathe. Breathe slowly through your nose.
- Calm yourself with positive self-talk.
- Let go. Just float and flow.
- Distract yourself, it is only anxiety.
- Use the adrenalin in a positive pursuit.
- Don't let a bad day scare you.
- Let time pass. IT WILL GO AWAY.

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Then each step beyond the reality that we occupy, each step beyond the narrowness of the prison of our own personal reality, represents a step into that which is not yet known. So fear is present. Fear is a companion. As a companion, it serves a useful function; it keeps you awake when going to sleep would be catastrophic.

Fear as an adversary, on the other hand, can render you dysfunctional. To go forward we need to make the growth choice. The fear choice is to retreat to comfort and avoid the fear. The growth choice is to take fear as a companion and move ahead. To have a life that is a joyful adventure, we need to be willing to take the risk. Courage is the willingness to be afraid and act anyway.

I want to let you know how much I've enjoyed the tape, DRIVING WITH COMFORT. When I sent for it, I didn't think I needed most of it...looking for some help with travel anxiety. I am a very uncomfortable traveler—I don't sleep well, over-react to sleep aids, fear getting lost, etc.—after a car trip to Las Vegas with the family (hooray for me!), I thought there might be something on the tape that could help with “next” time.

I was surprised how much the tape helped me to relax while driving. I thought that I “was” relaxed! I realize that there are situations which make me uncomfortable while driving, and the tape helped me. Affirmations pop into my head as I see other drivers making their choices. I remind myself to be alert and patient in crowded parking lots. I popped the tape in my tape player after a car swerved in front of me on the freeway, avoiding a surfboard! (Nobody got hurt.)

I think I'm reaching a point of transition, after nearly a year, where I'm enough better that I don't want to go back, but not sure where I'm going to end up. I'm glad that the Program anticipated this, so now that I'm in it, I know it's normal and will go away with time and practice.

I'm so thankful I have the Midwest Center in my life right now! Lora Kinder, CA

Dear Lucinda, I purchased your tapes on anxiety about 2 yrs. Ago. I would like to thank God and you for my progress ...Helen

“I wanted to give you an idea of what has helped me so far from Lucinda's book. I should preface this by saying I resisted help for a long time. My OCD became symptomatic (i.e. incessant unwanted thoughts) my first year of medical school. By not seeking help, I prolonged my suffering greatly. My grades suffered and I elected to take a year off to see if I could “solve” it on my own. Very little was accomplished, sadly in that year. I struggled. When I returned to medical school, I began Luvox and have used that off and on. I have now decided that I want to get well no matter what whatever is out there to help me; I want it. Before, I was too proud to take medication or even seek help: a painful existence.

With the above in mind, here are some things that inspired me to believe that, “yes, I can beat OCD...,” Of most significance is the tone of the book. Lucinda expressed such sensitivity and optimism—even more than I found in my other favorite book, (FEELING GOOD, by David Burns). She made me feel special for having this disorder, like it was a bunch of good traits taken too far...Another wonderful tool for my OCD is the allowing yourself to dream of goals, of future achievements, whatever. It sort of fills the free time in my mind, instead of fears.

Thought replacement also has been a vital part of my improvement, as has the whole chapter of building self esteem- something I lack. I look forward to the tape series.

Sincerely,

Joel

THE POWER OF POSITIVE THINKING

Hi! MWC,

Thanks for the extra copies of the LESS STRESS PRESS I requested. The testimonies are so inspiring...and by the way, we're getting a goldfish! (Refers to the stress relief from watching fish swim) This was a great issue.

My husband prints out the stresscenter.com (forum) for me every morning. The Forum is a wonderful way to stay "in the family." I hope to see Andrew in an infomercial, if he'd do it...and Betsy...so full of wisdom. They amaze me...being so young and having such a gasp...more than they realize. I love them all so much...wish there was a way to hug them all...meanwhile they're in our prayers.
Thanks, Silvia Dunn

Dear MWC,

...It would be wonderful to be able to testify about how my life has changed since discovering Lucinda's program. It is so good to have some answers to the "whys" in my life. I continue to fight every day, but it is not a battle any more, but instead a fight I know I can win...Sincerely, Laura

One of our favorite positive people is of course, Norman Vincent Peale. If you are like-minded, you may enjoy some of his foundations publications. In one of his writings, How To Create Your Own Happiness, he shares the occasion of meeting a businessman who is very depressed..."This man's principal trouble was in his depressed thought pattern. He needed an infusion of light and faith.

So rather boldly I said, "If you want to feel better and stop being miserable, I can give you something that will fix you up." ...I gave him a little book of mine called THOUGHT CONDITIONERS. (For a copy of Thought Conditioners, write the Center for Positive Thinking, P.O, Box 8000, Pawling, NY 12564.) It contains forty health-and happiness-producing thoughts...I suggested that he drop one of the thoughts in his mind every day for 40 days...further suggested he commit each thought to memory, and visualize this healthy thought sending a quieting and healing influence through his mind. I assured him that if would follow this plan; these healthy thoughts would drive off the diseased thoughts that were sapping his joy, energy, and creative ability. (He called within 3 weeks and declared he'd snapped out of it.)"

"Throughout the day, base your actions and attitudes upon fundamental principles of happy living. One of the most simple and basic of such principles is that of human love and goodwill. It is amazing what happiness a sincere expression of compassion and tenderness will induce."

FROM PANIC TO POWER can be ordered through the Midwest Center or at your local bookstore. Please feel free to write a "book report" on-line at Amazon.com.