



Less Stress Press

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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."

WHY...WHY...WHY

The most common question I get, "Why did I get anxiety disorder?" I just answered an e-mail from Austria, she asked the same question. It's the same all over the world, "Why do I have this disorder? How did I get it?"

The short answer from my experience: When your parents consulted the gene pool-up popped you. You inherited and were born with a sensitive soul. Life happened. We didn't pick up the best life-management skills/tools. We burned any reserves we had at our disposal with our over achieving, perfectionist lifestyle. We were vulnerable and one small, or big, external stressor is the proverbial 'last straw.' At that moment an imprint is made on our psyche and we have created a straight path in the brain to panic and/or anxiety reactions. The next experience that looks like, smells or feels like the 'last straw,' puts us right back on that path.

Many of us thought for years that we were closet dysfunctionals. Oh, we put on a good show don't we? All the while thinking, if our families and friends knew what we were thinking, they would surely lock us up. In my mind it was only a matter of time before the white truck would pull up out front...and it wasn't going to be the Good Humor man.

[I spoke with a young mom this morning who was convinced that she was "crazy." But only on the weekends! Most of you readers understand the logic of this illogical statement. We are funny thinkers aren't we?!]

How do I make it stop? Again, simply put, "it" obeys the rules...the rule is cause and effect. If I think a certain way, if I use myself up in circular pursuits, if I act a certain way, if I keep myself in crisis management mode day after day, if I practice avoidance behaviors...I will have anxiety. Anxiety can be decreased or eliminated by cognitive restructuring (lesson 3), relaxation training (relaxation tape), and using the tools that make it possible to practice my avoidances in small, consistent steps (15 lessons).

"WHY" is a tiny, big word. I have made my answers short but hopefully long enough to be helpful.

Why not? Carolyn

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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PERSONAL COACHING PROGRAM

Over the past eighteen years we have had many requests for personal assistance, one on one support, as participants have gone through the ATTACKING ANXIETY AND DEPRESSION PROGRAM. About five years ago, Darla Van Horn and I made this a project. We wrote and re-wrote the manual that participants use in addition to the workbook that comes in the program. Then we put it into practice on our first 10 signups; we learned a lot.

At this time the process involves 30-minute phone sessions over a 12-week period. Our coaches are former participants, people who know this condition from personal experience. There is a financial and a personal commitment to the process. (For an informative call on this program: 800-990-4692)

Graduates have shared so many pieces of their lives with us that we have started to compile a booklet of inspiring quotes and thoughts that they have sent us. The following are a few that I hope will be worth posting on your mirrors at home.

Bumper stickers: "If – a two letter word for futility."

"Out of my mind – back in five minutes."

"Always remember, you're unique, like everyone else."

"We all take different paths in life, but no matter where we go, we take a little of each other everywhere."
Tim McGraw

"Enjoy your sweat, because hard work doesn't guarantee success, but without it, you don't have a chance." Alex Rodriquez, baseball player

From Sharon in Virginia: "Just for today I will take care of my body. I will exercise it, care for it, nourish it, not abuse it nor neglect it, so that it will be a perfect machine for my bidding. Just for today I will try to strengthen my mind. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and concentration."

Happy Easter Season to all...

ALL I NEEDED TO KNOW I LEARNED FROM THE EASTER BUNNY

Don't put all your eggs in one basket

Walk softly and carry a big carrot

Everyone needs a friend who's all ears

All work and no play can make you a basket case

A cute little tail attracts a lot of attention

Everyone is entitled to a bad hare day

Let happy thoughts multiply like rabbits

Some body parts should be floppy

Keep your paws off other people's jellybeans

Good things come in small sugarcoated packages

The grass is always greener in someone else's basket

An Easter bonnet can tame even the wildest hare

To show your true colors you have to come out of your shell

The best things in life are still sweet and gooey

Unknown- but thank you for the smiles-humor is healing.

One

As the soot and dirt and ash rained down,
We became one color.

As we carried each other down the stairs of the burning
building,
We became one class.

As we lit candles of waiting and hope,
We became one generation.

As the firefighters and police officers fought their way
into the inferno,
We became one gender.

As we fell to our knees in prayer for strength,
We became one faith.

As we whispered or shouted words of encouragement,
We spoke one language.

As we gave our blood in lines a mile long,
We became one body.

As we mourned together the great loss,
We became one family.

As we retell with pride of the sacrifice of heroes,
We become one people.

We are
One color
One class
One generation
One gender
One faith
One language
One body
One family
One soul
One people

We are The Power of One.
We are United.
We are America.

This poem really explains the depth of feeling here in
New York since September 11th.
Humbly, Sat Kirin Kaur Khalsa

“Dear Coach Kathy,

I have been meaning to write for some time...I'm great! And if there were a test for me to use the skills from this program, this horrific tragedy in the U.S. would be one big test. We have all had our share of anxiety and fear these days but that is normal. We are human. I want to tell you that I have been one who has been comforting and assuring people!! I am looking at this tragedy “realistically” and how it is affecting my life.

We Americans have leaned so much about our wonderful country and each other. We have experienced so many emotions...I am not afraid of what will happen to me personally in all of this. I am sad for all who have died, suffered...I am living my life the way I normally would and fear is not consuming me...

I will tell you this, if this tragedy had happened last year, before I went through this program I would have been emotionally distraught. That's because I used to let my negative thinking take over, but not anymore.

I hope you are well and happy. I think of you often. A lot of time situations occur and I remember what we talked about and it makes me smile. May God bless you for me, Janine

P.S. Would you share my note with Lucinda? I would like her to know what her program has done for me.”

“I just spent the evening in the Chat room for the first time. It was fantastic and it helped tons! In the middle of the night I was having an anxiety attack and I went on line and not only found others who understood, but helped me float through it. Plus I think I made some new friends. Please keep this feature of your website!”

Karen, Ohio