



Less Stress Press

Minute

The Midwest Center

for Stress & Anxiety, Inc.
106 N. Church St Suite 200
PO Box 205
Oak Harbor, OH 43449
Tel: 419 898 4357
Fax: 419 898 0669

Dedicated to hope and help since 1984

BY CAROLYN DICKMAN, MIDWEST CENTER, EDUCATION DIRECTOR

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TAKE TIME TO RELAX.

I love to read the postings in the Forum at our website (www.stresscenter.com). I have always maintained that I have learned more from my 'fellow travelers,' than from any book. If you haven't taken the time, please spend 10 minutes a day reading some of the postings. I find it has been very helpful for Attacking Anxiety and Depression participants.

Someone on the site asked for some new relaxation ideas and received several recommendations. I couldn't help chiming in. I believe it's relaxing to play, visualize, tap into pleasant memories...there are so many ways to relax.

My recommendation for this week: Run a hot bath, add bubbles (lots), light a scented candle, turn on your relaxation tape, grab your bottle of bubbles for blowing and climb in. Blow bubbles for at least 10 minutes. Watch them float down. Notice the aurora borealis colors and enjoy yourself. Oh, don't forget to put a "do not disturb" sign on the door!

NUTRITION TIPS:

From: COOKING LIGHT, February 2000 issue: Okra is rich in magnesium, a natural relaxant...ick, what else could I have instead?

From: USA Weekend, Dec. 30, 1995 "Happy Foods" "Sunflower seeds and pumpkin seeds contain the natural antidepressant tryptophan, as does evening primrose...Hot peppers also"...so says Jim Duke of the U.S. Dept. of Agriculture.

HELP LINES

Another popular topic at our website is: "I need reassurance for dizziness. This is such a miserable, scary body symptom! It is so difficult to believe tilt-a-whirl isn't from some awful disease. (Please visit your doctor before assuming its anxiety.) When all the testing has been done, and we get the GOOD news, "Mrs. Dickman, you're fine!"- We need to look for emotional causes and remedies.

A soothing support was posted by Chantal on 2-3-2001. "...When we are anxious there are a lot of chemicals released into our systems that throw our "autonomic" nervous system out of whack and this effects specific areas of our body- particularly our 5 senses, chest, and lungs. If you calm down and stop worrying about the body sensations it WILL stop. Keep the appointments, rule out anything physical...Every time you start analyzing these feelings tell yourself, "this is symptom of nervous illness and when I stop feeding the fear with more fear, it will dissipate." Get stubborn and don't let your body fool you. I promise you...it will go away, I thought it NEVER would for me and it did!"

From: Lisa Finnigan – She wishes us to pass along a technique that really helps her. She talks to herself in front of a mirror to simulate other people practicing skills with her. You are looking goood Lisa!

"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."

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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From: Our reader's share – "Lucinda's latest book: LIFE WITHOUT LIMITS, is a wonderful read!" For those who wish to clarify what you want, redefine your dreams, become the person you most long to be. This is your March reading material. One of the first questions Lucinda asks is: "If you could have, do, and be anything right now, what would you ask for?" Amazingly, eight out of ten people are unable to answer this question. How about you?

It makes sense that we have to know what we want in order to design a map to get there. Most of us were never exposed to life-design strategies. Many of us are like the ball in a pinball machine. Bing! – Ping! – Ring! - we kind of land wherever we're pushed and stagnate in our comfort pocket. We choose safety over change and adventure; sadly we often stay in jobs and relationships that no longer have meaning.

LIFE WITHOUT LIMITS, helps you define what you want in every area of your life.

- ~Clarify what you want personally, professionally, and financially
- ~Devise a solid plan of action that really works
- ~Acquire an attitude of success, achievement, and maturity
- ~Learn to be a risk taker and make effective decisions
- ~Learn how to stop worrying and start Power Thinking
- ~Work with universal energy and intuitive principles

(Note to those who have the audio program, Life Without Limits, Lucinda's new book is NOT the same as the audio program.)

TESTIMONIAL – IT'S NEVER TOO LATE!

"...I was lucky NOT to have severe anxiety problems until I was over 60. Several life experiences in the year previous set off GI problems that began with mild symptoms and increasingly got worse over several months. My doctor ordered tests, which were negative, but the problem continued to worsen. Eventually I was diagnosed with "Anxiety."

Until I received your tapes...I did not know how to cope with my ongoing panic attacks. I was very skeptical at the message that once I heard tape #2 I would probably not have another attack – BUT IT WAS CORRECT! I learned to control them. The tapes are marvelous and I have recommended them to several people including my medical doctor...Joan, New Jersey"

Lessons in Laughter:

On our support line I heard, "I can't listen to the relaxation tape – It's just too slow!" I'm still laughing!

NOTE:

ATTACKING ANXIETY AND DEPRESSION
GRADUATES

We are looking for stories to tell! We will be filming some stories soon. If you would be willing to participate, please write to us about your history and experience with the program. Please be specific about how the program helped you. Send a picture for the newsletter, LESS STRESS PRESS and whatever you'd like to share to with others to: Carolyn Dickman, P.O. Box 205, Oak Harbor, OH 43449

P.S. LIFE WITHOUT LIMITS, the book, just went to #6 on Amazon.com. Congratulations Lucinda!

TESTIMONIAL - ME, WHO WAS AFRAID...

"I finished the program 6 weeks ago and wanted to let you know what a tremendous difference it has made in my life. I think the single most important thing I learned was that I can attack the anxiety-I don't have to sit helplessly...instead of running and fearing...I look straight at it and try to determine why..."

At first I was very doubtful as to how effective positive self-talk could be! ...It sounded like "Pollyanna garbage" at first. ...Long years of ever-present mild to moderate anxiety were interspersed with months of intense, debilitating fear and panic.

(Mom became ill)...I found myself constantly fighting new and overwhelming fears as new anxieties fed on themselves. One night I lay in bed and prayed...I told Him I couldn't live like this anymore. A few hours later, I woke up around 3 a.m. turned on the TV. I don't think I've ever turned on a TV at 3 a.m. in my entire life...there was your infomercial and people JUST LIKE ME were saying, "There is a way out."

The first few tapes were wonderful and comforting and by the time I reached the tape that said confronting my fears was the only answer, I was ready!

The following is an excerpt from my journal: "It's astounding when I think of the things I've tried in the past few weeks. I called A.L. after ten years—me, who is always worried about what I will say. I went to E. Hospital and stayed with Pat while she waited through her mom's surgery - me, who am afraid of getting lost in maze-like public buildings, I took dinner to K. and A. - me, who is afraid, no one will like my cooking. I have signed up to take a computer course with S. - me, who is afraid I can't learn well and don't want to embarrass myself." Thank you so much,
Kathy Goodson"

TESTIMONIAL – Depression

"Dear Midwest Center,

I am a mother of 4 and grandmother of 2. I have been in therapy for depression since 1984. I've known for quite some time that I have another disorder underlying the depression, but I never knew what it was. ...I saw a commercial for the Midwest Center. I called hoping to change my life. Well let me tell you, since I started the program, I still fall into those comfortable self-destructive behavior patterns, I'm still afraid of the panic. I'm still trying to break through that wall of anticipatory anxiety, and I still have the tendency to worry about what other people think.

On the other hand...I haven't had any panic attacks, that lethargic look is gone, my anxiety around people has decreased tremendously, my relationship with my children has improved, I'm practicing being more assertive, I'm practicing taking risks, I'm going out more often and I'm feeding myself positive dialogue.

Not only do I know and understand what has been wrong with me all these years, but I also know and understand that change takes time. On that note I just want to say that Midwest Center has been the answer to many years of prayers. May God bless Lucinda Bassett and the rest of the gang for sharing their experiences and knowledge.
Nyland, Brooklyn, NY"

From the workbook:

"Take a break during the day to relax and think about something positive. Do something pleasant for yourself - even if it is just going for a snack in a pleasant place."