



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."

For Your Consideration...

I miss my mother today. I remarked to someone in the office who was borrowing some of my favorite tea, "Beggars can't be choosers!" And there she was; my mom had a saying for everything. You know the kind, "Lie down with dogs – get up with fleas... Many hands make light work." the kind that teach a lesson. Perhaps she was part of how I became a teacher. Even though it has been over 30 years, there are days when it feels like yesterday that she passed-you know the feeling – wrench.

I am so sorry I didn't have the kind of relationship I needed with my mother, I was too busy trying to please my father. Before I could fix any of it – they both died. I am sure mother understood my behavior, that's just the kind of saintly person she was.

A truth for your consideration: My need can become my wisdom.

What good came of missing out on my mom? I am determined not to be ignored by my children! (I'm VERY good at this.) I am probably a better mother because of my mother. I struggle lots of times to be

more like my mother...that's a good thing. Because I don't have her in my adult life, I am more aware of what my children may need. My need has become my wisdom.

A truth for your consideration: You never get over being an orphan.

I have tried to turn my empty places, my inner holes, into places not for festering but for insight. I believe I have helped callers afflicted with: I miss my mom syndrome. When I have shared my mothering strategies. I hope all of you who have been assigned the "pat-pat" exercise and the "rock-rock" assignment are still doing them. I can mother myself and so can you.

One of the great "truths" of the ATTACKING ANXIETY AND DEPRESSION program is that we must learn how to turn to ourselves when we are in need. It's nice to have others tell us we are pretty talented, but if you can't tell yourself with conviction – how long will the words of others last?

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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ROCK ROCK ROCK

ROCK AROUND THE CLOCK

A few years ago, I experienced one of the most joyous events that can happen in a family – our first grandchild. As I sat rocking tiny little Alexis, I began to reflect on rocking and rocking chairs. I grew up with rocking chairs; some of my most comforting memories are of being held, soothed, and rocked. Memories of Mom and Grandma, who rocked for almost one hundred years, intertwine with not so long ago memories of rocking my own six children.

Recently in church, as I watched a young mother comforting her child, I caught myself swaying in synchrony with her. Two of my adult children confess to rocking themselves to sleep even today. What do we do when we wish to console each other with a hug? We rock. I've seen my husband, the weekend carpenter, rocking and holding his hammer-smashed thumb.

You may have noticed that there is much written today about nurturing and repairing one's inner child. I can't think of a better additional aid than a rocking chair. Throughout our lives we go back – back to rocking. Why not make it a deliberate part of our daily day?

These observations have prompted me to schedule rocking time. Soon after awakening I sit in my rocking chair, placed within sight of the rising sun. This is my alone time, time to meditate, call upon my spiritual self, ask for guidance to love and serve as I go about my day. I schedule another ten or fifteen minutes after work or before the evening meal. This rocking time is used to de-program with a little music therapy. Again, shortly before retiring, I take my chair for a gentle ride as I concentrate on the good things I've accomplished and the lessons I've learned that day. I might read for a bit or add the healing sounds of water. I've never physically been to Hawaii, but mentally I can go there whenever I choose – through imagery.

Rocking can be one of our most healing comfort measures. At its very least – rocking would add a bit of physical effort to the couch potato lifestyle. I encourage everyone to recall the peace rocking once brought you. Why stop?

THINK POSITIVE

Say to yourself every morning:

- Today is going to be a great day!
- I can handle more than I think I can!
- Things don't get better by worrying about them!
- I can be satisfied if I try to do my best!
- There is always something to be happy about!
- I'm going to make someone happy today!
- It's not good to be down!
- Life is great, make the most of it!

BE AN OPTIMIST!!

Dear Lucinda,

“You have truly been a Godsend in my life...
...Attacking Anxiety ... I completed in November of 2000 has given me hope, confidence, direction and peace of mind.

I can remember at the age of 3 feeling alone and unhappy... I grew up fearful and with no confidence... I spent plenty of time in bookstores in the self-help section buying books...

...I can turn extreme fatigue into extreme energy and productivity (on the job!) – I can be overloaded with piles of paperwork at work, yet feel overloaded with job and at peace, amid all the stress and fast paced work environment! ...I take work much less seriously; I've physically slowed myself down. I've never had a clearer mind, and I'm so much more efficient. Those “spacey, floaty” feelings and

panicy feeling no longer exist! And I'm so proud of myself for jumping hurdles when it comes to assertion!

...I still have much evolving and growing, but that will never end!"

Marita

A note from Bonnie

"I had the first panic attack at age 17 – or was it 18...that's OK. I remember it well. It was my first trip to the emergency room. I was in San Diego at the time going to business school and spreading my wings. California was quite a shock after being raised in the country in the Midwest! It also was the first of many years of suffering.

I was on medication off and on for years. I am happy to say that I have not been on meds for over ten years now. I began working on myself through therapy, self-help workshops, reading. Eventually I came to a place where I became interested in nutrition, exercise, vitamins. Actually, obsessed is a better word. (I also suffered from obsessive thinking and behavior along with the anxiety disorder.) I learned a lot through all of this and reached out to places like the Deepak Chopra Center... numerous self-help tapes and books all have helped me to move ahead in my healing. It wasn't until I started the Midwest Center's Attacking Anxiety and Depression, though, that some very major changes began to take place. After listening to the first tape, I remember this sense of peace that came over me – someone actually knew me, understood my suffering and knew what to do to help me overcome this obstacle (now turned "gift") in my life. Everything I had done before the Attacking Anxiety program were parts of the whole. Lucinda, with

her clear insight and experiences, was able to put it all together in a way that I could grasp and work with. Everything I had done prior to this had prepared me for what I knew I needed to do. Her program showed me the way. Self-observation is important. Journalizing is important. Asking ourselves 'what is really bothering us' is important. Owning those traits and so-called "negative emotions" is important. Finding the gift in ALL that we are is important. AND I can't emphasize enough the importance of positive self-talk.loving ourselves every step of the way and never, even abandoning ourselves again."

"Hi Carolyn,

I just wanted to let you know that I'm doing fine. I still listen to my tapes as needed. It's amazing how my confidence level has grown.

I'm not sure if I told you, but in October, I started a new job. The job is very challenging. It requires quite a bit of public speaking, which is a consistent nightmare for me. But I get better each time. I continue to practice my breathing exercise, that helps a lot.

"Dear Carolyn & Midwest Staff,

...Because of illness and "family interruptions" have not been able to follow the weekly schedule exactly as instructed time wise – but have still been progressing; in fact, after leaving it for a week I began to feel this "darkness" and realized that had been the NORM before the program! Could really compare the difference in my heart. When I can't do a lesson, I absolutely HUNGER for it the next day! Also, sleep has improved so much, my fibromyalgia symptoms have subsided first time in years..."

Silvia