



STRESS R_X

KEEPING IN TOUCH WITH YOU

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HAPPY NEW YEAR 2006!

I Wish You and Yours the
Very Best Health and Lots of Sparkle
This New Year!

What About New Year Resolutions?

Most people don't make a true resolution – they just establish a wish or general objective, like "get in shape". There is no definition (or plan) attached to "get in shape" – so of course, there is little likelihood of this wish really happening. To make a real resolution there also has to be follow through – the definition, plan, event, and motivation. Its parts one, two, three, and four, that are the resolution.

Part one is the initial statement - **I want to:** (the wish) "get in shape". Part two defines what the wish is - **This means:** (specific definition) "lose 4 inches and ten pounds". Part three begins with - **I resolve to make this happen by:** (the measurable plan) "exercising for thirty minutes every day". And part four is actually scheduling the event to happen or making room for the wish to occur - **I have set myself an appointment to do this at:** (when) "noon".

Motivation comes from visualizing the reward – the end goal. **Picturing the end goal every day** helps us chart our course – it helps us focus, and it reinforces our resolve. If I write my resolutions down and never look at them, they will just fade away...

About Me . . .

I'm in my fourth year of private practice, doing continuous improvement along the way. I see my job as a cognitive therapist being similar to a tune-up technician – helping balance and adjust thoughts and behaviors so the results are better. My commitment is to help others do better through **Kaizen (continuous improvement)**. This is creating a **lifestyle with purpose** – by setting goals, prioritizing, planning, recharging, applying new skills to eliminate self-defeating habits and negative interactions, and doing daily motivational exercises to stay focused ♥

Quote

"People often say that motivation doesn't last.
Well, *neither does bathing.*
That's why we recommend it daily."
Zig Ziglar

See us at: www.stressrx.org

Anger

Anger comes from a perception of being violated, attacked, threatened, harmed, forced, or otherwise disrespected. Anger can be helpful and motivating – a positive force. It tells me what I am inclined to protect. It can help me take action on something that needs improvement. It can help me identify when someone else has gone too far. Anger can also hurt us – unchecked, it can lead to health or family problems. I can ask myself if my anger is helping me, and check to see if I am really under attack. Many times our anger is from a temporary escalated sense of violation. Often we mean well when we are angry – but angry responses only hurt (our self and others). In therapy, we try to channel anger into understanding and taking positive action. Anger is a form of energy we can abuse or use to our benefit ♣

Facial Expressions

Did you know people can't frown and smile at the same time? It's way fun to try! If you try to do it with someone else – you'll both end up with the giggles. Happiness and anger are competing emotions. We get to choose which one we want. Our choice shows on our face & in our actions, and we feel it inside too.

MEDICARE

We have decided to not renew our contract with MEDICARE. Did you know MEDICARE has a practice of allowing only one initial assessment per lifetime per diagnosis, even if you change providers?

News & Activities

Annie has decided she wants to get out more. She will be sponsoring a **Friends Of Annie Walk (weather permitting)** on most Saturday mornings at 10 AM. We will park across from Dinosaur Park and head to the Ogden City Parkway trail. If you have been complaining that you don't have anyone to walk with, this is your chance! Annie has friends from all over, human and furry, young, mature, and vintage. For those attached to furry friends we want to encourage clean walk-ways and leashes. If you haven't met Annie, she is a very friendly two year-old (black) Border Collie-Golden Retriever mix.

First Priority of Utah will be a new partner with Stress Rx. They have agreed to process claims and any outstanding balances for us.

Nancy Xenede Card, Cognitive Therapist
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