

# STRESS

Summer 2005 Edition ©

## Using Intuition

I always say “if it doesn’t feel right, it isn’t”. But, how many of us turn that *doesn’t feel right* sense down or off? We tell ourselves “that must be OK”, “I’ll remember”, “maybe she meant it this time”, or “he’s the expert - I have to trust that instead”.

Intuition is a valuable sense, and **worth listening to**. Intuition is an inner knowledge and warning system. Practice catching yourself the next time you start to dismiss that little inner voice, and turn up the volume. Maybe even ask “what does my inner sense think”?

## Medication Information

It’s much easier to count your pills at the pharmacy, **before you take them home**, than after you run out early. There are rare occasions when the pill count is short. Some insurance companies will not let you re-new a prescription early – even if you were shorted. And it’s difficult to prove a shortage weeks later. Get into the habit now of counting your pills when you get them.

Most medications work best with regular use. Try to keep the same time schedule with your medications every day. Suddenly stopping some medications could create bad side effects. Be sure to follow medical advice on when and how long to take a prescription. Not taking the full dose or finishing a medication may cause other problems and complicate later treatment.

If you do run out early, remember that your doctor may keep samples on hand at the office. Your doctor can also prescribe a few days of pills – even if you have to pay cash – until you have insurance coverage again. Never wait until the last minute to get your refill – sometimes even pharmacies run out!

Medication is only one part of any treatment – never rely on medicine alone to improve your quality of life. It’s important to look at all aspects contributing to our health and well-being.

## News & Activities

Nancy recently provided training to a large group of educators on developing teen and young adult self-esteem. A major part of this presentation was that we all have a rub-off effect on how others feel. Remember to first take good care of your own esteem. It takes 10 positive actions (deposits) to make up for every negative (withdrawal) relationship interaction. Positive interactions help us feel good about ourselves.

Volunteering at the 2005 **Children’s Health Connection** was just amazing. This two-day annual event provided medical, dental, and other health related services to children without health insurance. Over 1,400 (**WOW!**) children received exams, shots, medication, and health related products. The children were adorable and the volunteers were awesome.

## A Compliment-A-Day

Have you received a compliment today? Have you given a compliment today? Have you ever gotten a compliment that just made you glow? Compliments are contagious, if I get one – I want to give one. The same thing works for smiles! Spread some around today and watch those glowing faces bloom all around you. Challenge yourself to cause at least one smile every place you go, every day. It’s a **GREAT feel good!** What a wonderful way to make someone’s day!

## Where Does Anxiety Come From?

Anxiety is created within from a sense or perception of being out of control, overwhelmed, or under attack. It happens when our normal coping skills are exhausted. It can also happen when life events are in excess of, or accumulate beyond, our allocated recharging time (recreation, & relaxation).

Simple and common signs of anxiety can be nail biting, insomnia, worry, forgetfulness, test anxiety, muscle tension, headaches, last-minute rushes, and restlessness. Healthy anxiety comes from trying something new or challenging, or even big changes.

More serious anxiety symptoms can interfere with life – restricting normal activities. Paranoia, panic attacks, chest pain, compulsive behaviors, fear of going places, excessive worry, obsessions, and post trauma stress are some of the more severe forms of anxiety. Dealing with severe anxiety takes a lot of energy. It can be frightening and/or embarrassing. And it can lead to more serious problems like depression, substance abuse, loneliness, or job loss.

The good news is that **anxiety is treatable**. Be sure to share your symptoms and questions with your doctor and/or therapist. Avoid caffeine, and make sure you are getting adequate sleep. Remember that anxiety is temporary and rather common (even though we don’t hear about it much). The sooner you get help for it the faster you’ll get feeling better.

## Health

It’s hard to get all those fruits and vegetables in every day. But it’s easy to make a fruit smoothie – and yummy! Non-fat or low-fat yogurt or soy milk makes smoothies even healthier. You can fit in several fruit servings this way **and** feel like you’ve just gotten a treat. Throw in some ice for a summer cooler. Make one for a healthy (and fast) breakfast or desert! You can even take one on the go...

Vegetables can be added anywhere. Throw a few extras in with a roast or crock-pot meal. Sneak them in to your pasta dish or sauce – sliced or pureed. Of course nothing beats fresh, picked from the garden, raw veggies as a snack or on the side. Vegetables can also be made into juice at home. Make it a healthy habit to have several vegetables with every meal.