WELL SAID.



August, 2014

This month is packed with some great stuff. Don't miss out. Learn about what happens when anxiety turns into an anxiety disorder and the treatments that are available. Check out some great daily affirmations -- say it, believe it, DO IT. Learn how to plan your work day *with style*. And, water just got interesting; add your twist. ENJOY!

WORRIED SICK!

Living with Anxiety Disorders

Anxiety is an uneasy feeling that something may harm you or a loved one. This feeling can be normal and sometimes even helpful. If you're starting a new job or taking a test, it might make you more alert and ready for action. But sometimes anxiety can linger or become overwhelming. When it gets in the way of good health and peace of mind, it's called an anxiety disorder.

If you have an anxiety disorder, you're not alone. Each year, tens of millions of Americans of all ages suffer from long-term anxiety. Among children, anxiety disorders are the most common form of mental illness- one they may carry into adulthood.



For those with anxiety disorders, fears, worries and anxieties can cause so much distress that they interfere with daily life. The anxiety grows out of proportion to the stressful situation or occurs when there is no real danger.

Anxiety's Toll on Your Body

Anxiety activates the body's stress response. Nearly all the cells, tissues and organs in your body go on high-alert. This stress response can wear your body down over time. People with chronic (longterm) anxiety have a higher risk of both physical and mental health problems. Some people visit their doctors because of headaches, racing heart or other physical complaints without realizing that these symptoms may be connected to how anxious they feel.

Treating Anxiety

Treatment for anxiety disorders usually includes both medication and cognitive behavioral therapy (CBT). CBT is a form of talk therapy. It helps people change both the thinking patterns that support their fears and the way they react to anxiety-provoking situations. Current treatments can be highly effective for most people.

Suspect an Anxiety Disorder?

- * The first person to see is your family doctor or nurse practitioner.
- * The next step may be talking to a mental health professional. Consider finding someone trained in cognitive-behavioral therapy who is also open to using medication if needed.
- * Consider joining a self-help or support group to share problems and achievements with others. Stress management techniques and meditation can also help.

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Daily Affirmations

If you believe the phrase *you are what you think*, then life truly stems from your thoughts. But we cannot rely purely on thoughts; we must translate thoughts into words and eventually into actions in order to manifest our intentions. This means we have to be very careful with our words, choosing to speak only those which work towards our benefit and cultivate our highest good.

Affirmations help purify our thoughts and restructure the dynamic of our brains so that we truly begin to think nothing is impossible. The word affirmation comes from the Latin *affirmare*, originally meaning "to make steady, strengthen."

Affirmations do indeed strengthen us by helping us believe in the potential of an action we desire to manifest. When we verbally affirm our dreams and ambitions, we are instantly empowered with a deep sense of reassurance that our wishful words will become reality.

Affirmations are proven methods of self-improvement because of their ability to rewire our brains. Much like exercise, they raise the level of feel-good hormones and push our brains to form new clusters of "positive thought" neurons. In the sequence of thought-speech-action, affirmations play an integral role by breaking patterns of negative thoughts, negative speech, and, in turn, negative actions.

Try one of these today:

You can utilize any of these affirmations alone or create your own unique combination based on your personal wishes and needs. Say it with conviction, say it in your own unique voice, and make it happen in the real world.

- ~Today, I am brimming with energy and overflowing with joy.
- ~I am superior to negative thoughts and low actions.
- ~A river of compassion washes away my anger and replaces it with love.
- ~I am courageous and I stand up for myself.
- ~Today, I abandon my old habits and take up new, more positive ones.
- ~Everything that is happening now is happening for my ultimate good.
- ~My obstacles are moving out of my way; my path is carved towards greatness.
- ~I wake up today with strength in my heart and clarity in my mind.
- ~I am at peace with all that has happened, is happening, and will happen.
- ~My life is just beginning.

http://www.huffingtonpost.com



Reclaim Your Day

Planning Your Day With Style



If you are stressed at work, it can feel like there's more day than you. The trick to reclaiming your stamina and ambition perhaps lies in better planning your day. Here's what you can do.

STEP 1: Know Your Agenda. This will include everything that should, could, or, given the time, would get done. Make this list as extensive as possible-just dump everything in.

STEP 2: Know What's Most Important. The second step is to prioritize. This is also the time to decide what, if anything, you'll allow yourself to

get sidetracked by. Some projects must be pursued at all costs, but some crises overrule the importance of a project. In planning your day, anticipate where you may need to divert your focus.

STEP 3: Know What To Do When. The specifics of how you will spend your day flow directly from the preceding two questions-it's simply a logical extension of what's on the agenda and what's most important.

STEP 4: Make It Jump. The final step is to energize the plan. Without a sense of excitement, your plan becomes a dark storm cloud filled with a day's worth of stress. But a perspective that includes some measure of excitement changes all of that.

http://www.welcoa.com

WATER- with a twist

Drinking plain water all the time is like eating the same lettuce and chicken for every meal: It's healthy, but it can be boring.

Flavored waters have invaded the grocery store. But most commercial brands are nothing more than food coloring, sugar, and chemicals. You can jazz up an entire pitcher of water at home naturally with just a few ingredients. All you need is fruit and fresh herbs. Given water's many benefits-it can prevent headaches, boost brainpower, improve your mood, and even help you lose weight-these recipes will help you stay healthy and hydrated all summer long.

http://www.prevention.com



