



Lakeview Beacon

Helping People Find Solutions
Winter 2010 Edition

Lakeview Counseling
1844 Oak Hollow Drive, Suite B

Phone: 231.929.0300
Traverse City, MI 49686

Happenings at Lakeview Counseling

***Adolescent
Girls Group with
Laura
Slaughter***

***RAD Group with
Jill Kimball
Adoptive mothers
parenting children
with
Reactive Attachment
Disorder.***

***Carol Murray gives
relationship advice
on the radio-
Tuesdays 106.7 Mary
in the Morning***

***Beth Boshoven is
trained to provide
EMDR therapy, see
Beth for more info.***

***Barb Cain has
recently completed
specialized training
in DBT, Dialectical
Behavior Treatment.
This therapy model
helps clients build
tools to deal with
extreme emotional
intensity. Winter
2010 Barb will be
offering workshops
on this topic***

When Stress Turns to Anxiety **By Jill Kimball, ACSW**

Did you know that 86% of illness is affected by stress? Stress is that experience we have when something gets in the way of us getting what we want. It can come from wanting to get somewhere fast and traffic is moving slowly. It can be needing to pay your bills or buy things, but not having enough money or even anticipating that your money could run out. That fear of negative outcomes can cause stress, "What if I lose my job?" Of course, it gets difficult to differentiate between "wanting" and "needing" this time of the year, but when it comes to paying the rent and putting food on the table, much of our efforts are focused on our needs.

This past year of uncertainty has led many people to feel apprehensive about their futures and their ability to meet their family's needs. Of course, stress serves a purpose when it leads you to focus, prioritize and work harder or when it leads you to use caution in making decisions. At other times stress feels like a difficult burden weighing heavy on your last nerve. It can interfere with your health, well-being and happiness.

For some people, stress comes in single doses of unwanted or unexpected demands. For others, stress is the result of lots and lots of small, sometimes tedious demands. What "stresses out" one person may go unnoticed by another. Not only does everyone experience stress differently, each person deals with stress differently. One person may be able to let it go and continue to ease through life unburdened. Others may become quickly overwhelmed and even disabled by the real or imagined stressors of life. It is clear that unless you develop healthy coping to meet these demands of life, stress will lessen your life satisfaction and maybe even shorten your life span.

Stress becomes anxiety when tension from negative self-talk pressures us to ruminate on the possible negative outcomes of a situation or event. Our mind plays a trick on us leading us to believe that by ruminating on our fear we will be better prepared when doom comes crashing down on us (just kidding-sort of). It's that never ending worse case scenario thought process that creates anxiety and can paralyze a person. To learn more about anxiety, read the inside articles. Consider getting professional help if anxiety or stress is interfering with your life happiness.

Understanding Anxiety By Jill Kimball, ACSW



Anxiety comes in many forms from social anxiety to phobias, but the common thread is that a person feels overwhelmed by an exaggerated fear, and they feel unable to deal with that looming demand.

In a world that is constantly placing new demands on us, it's no surprise that anxiety is the most common mental health problem facing adults and children. Anxiety comes in many forms from social anxiety to phobias, but the common thread is that a person feels overwhelmed by an exaggerated fear, and they feel unable to deal with that looming demand. In other words, a person over estimates a threat and under estimates their ability to cope with the possible outcomes. A diagnosis of anxiety is made when a person has been struggling with excessive worrying or unfounded fear, along with physical symptoms or complaints for over two weeks and that fear is interfering with their day-to-day functioning.

Anxiety makes it difficult to concentrate and hard to fall asleep. It can wake you in the middle of the night with racing thoughts of "what if?" Anxiety can make a person irritable, forgetful, and jumpy. It may interfere with your appetite and give you all sorts of gastro-intestinal distress from butterflies to reflux to diarrhea. As you can see we're talking about more than simply feeling nervous, anxiety can be quite serious. Some people describe constant strain, worrying and discomfort. They experience a free-floating sense of doom and are unable to identify a source of threat. They feel annoyed and overwhelmed, like the world is working against them but they don't know why. They know something is wrong but can't quite put their finger on the source of their troubles. This may be **Generalized Anxiety Disorder**.

Some people are able to identify a specific source of their fear or anxiety, for example flying or public speaking. An individual describes massive fear, even panic that something will go wrong if they have to face their feared object or situation. These are known as **Specific Phobias**. A person experiencing a phobia is usually able to tell us they understand their fear is irrational but no amount of convincing eases that anxiety. Children may become distressed over the thought of separation from a loved one and this fear might grow to the point that they are not willing to listen to logical explanations of safety and they are not soothed by promises of their parent's return. This is **Separation Anxiety** and can lead to school avoidance and somatic complaints such as stomachaches or headaches.

Sometimes a person experiencing symptoms of anxiety is unaware of what is happening to them. Their mind may obsess over real or imagined dangers to the point that they can't stop worrying. They may fret or pace nervously for no reason. They may even develop unusual rituals to ease their worries and obsessions. A person that fears illness and germs may turn to excessive washing to ease that tension or threat. This dysfunctional pattern occurs in **Obsessive Compulsive Disorder** aka OCD, a compulsive behavior eases obsessive thoughts.

Another distressing type of anxiety experience comes from exposure to trauma or life threatening situations. The expression "Combat Fatigue" describes a soldier's experience when they've seen such tragic things during deployment that their functioning is compromised. A diagnosis of **Post Traumatic Stress Disorder** aka PTSD is made when a person continues to struggle with feelings of extreme threat similar to their experience during a specific trauma; war, car accident, abuse, and rape are some examples. Other symptoms of PTSD include nightmares and sleep difficulties, being easily startled, emotional numbing, or avoiding situations that remind the person of the trauma.

Anxiety is very real. Reassurances of safety don't seem to calm the fear and tension that builds inside of an anxious person. There are specific skills and interventions that will relieve much or all of the discomfort and pain that goes along with anxiety. If stress or anxiety is interfering with your day-to-day functioning talk with your doctor and consider talking with a therapist. Treatment can be very effective and frequently brief. In addition to professional help, there are many sources of self-help guidance in the form of workshops, books or online. Ideas for educating yourself and dealing with anxiety are listed on the back page of this newsletter.

Things To Do With Your Family By Barb Cain, ACSW

While some locals struggle with the declining light and colder weather, we all know that staying active through the winter will help our moods and general outlook. Exploring and developing new interests with your friends and family is a great way to beat stress. Whether you prefer to be indoors or out, regular activity helps us stay up beat and being in contact with other people generally improves our moods. Consider picking up a new hobby, take a class or challenge yourself to excel in a current area of interest.

Below are some ideas that we love.

- Rogers Observatory is open for public viewing each month. Learning about the night sky can be a fun and educational activity for a variety of ages.
nmc.edu/resources/observatory
- Ice skate at Centre Ice, Howe Arena or the Kalkaska Kaliseum indoors. Or head outdoors to F&M Park or near Thirlby Field on 14th Street in Traverse City. Skates can be rented at the indoor venues.
kaliseum.com
centreice.org
- Check out the City Opera House venue and see what programs are being offered this winter.
cityoperahouse.org
- Check out the Boardman Nature Center and take a walk along the river.
gtcd.or/nature-center
- *Check out the family friendly concerts offered by the TSO
traversesympphony.org
- See what the traversecitykids.com site has to offer in the way of new ideas.
- See what's new at the Dennon Museum or Milliken Auditorium.
dennosmuseum.org
dennosmuseum.org/milliken/
- *Check out concerts available through the Interlochen Arts Academy as well as professional groups that are performing. www.interlochen.org
- See what's new at the Great Lakes Children's Museum glcm.org
- The Sleeping Bear Dunes are open year round. sleepingbeardunes.com
- Children's theater is offered through local high schools as well as the Old Town Playhouse
oldtownplayhouse.com
tcaps.net
- Sign up for a short course to brush up on a topic, learn something new and meet some new people.
nmc.edu/ees
- See what free offerings are at the Traverse Area District Library; from concerts to book groups, they have many options to consider.
tadl.org

Lakeview Counseling

TO REACH US:

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**ON THE WEB!
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Resources For Understanding and Coping with Anxiety.

Online

www.adaa.org Anxiety Disorder Association of America

www.livingwithanxiety.com Symptoms, Diagnosis, Treatment, Resources

www.freeingyourchild.com Site for parents of children with Anxiety, Obsessive Compulsive Disorder, and Negative Thinking

www.worrywisekids.org Resources for Parents and Professionals on various anxiety issues

Books

"Freeing Your Child From Anxiety" by Tamar Chansky, PhD

"What to Do When You Worry Too Much" A kid's guide to overcoming anxiety.
by Dawn Huebner, PhD

"How To Control Your Anxiety Before It Controls You" by Albert Ellis, PhD

"The Panic Attack Recovery Book" by Shirley Swede, Seymour Sheppard Jaffe

"Shyness & Social Anxiety Workbook" Martin M. Anthony, by Richard Swinson

"The Post Traumatic Stress Disorder Sourcebook" by Glenn Shiraldi

****If you have questions or comments regarding our newsletter please contact our editor,
Jill Kimball, ACSW at 929-0300, ext. 105***

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Laura Slaughter, ACSW (Ext. 103)**

**Carol Murray, ACSW, Director
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**Jill Kimball, ACSW (Ext. 105)
Beth Boshoven, ACSW (Ext. 106)**