

7-2013

2013 July Newsletter

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Are You Stressed?

**It's True!
Life & Relationships
Are Fixable!**



Ron and I live in the glorious mountains of New Mexico. We enjoy crisp, unpolluted mountain air, pine, cedar and pinion trees, gentle and not-so-gentle breezes and temperatures usually about 20 degrees cooler than those “off the hill.” We enjoy our deck that has been placed over what is called an arroyo here in New Mexico. The arroyo comes down the side of the hill alongside our house, and goes under the deck and driveway, and then down a lower hill, under the road, and into a creek. There are 2 twenty-four inch culverts under the driveway, and at the end of the lower driveway, to carry any water that may come down, what we affectionately call our “waterfall,” when it rains. An arroyo is a gulf, a gap, a gorge or a gulch. And truthfully, when it rains, it makes a lovely rock-filled waterfall.

Evenings in the summer are for sitting on the deck with a cup of tea, and listening. Sounds are few and far-between, except for crickets chirping and an occasional bird song. The stars are plentiful, big and bright, because we are at 7000 feet altitude, and we have no streetlights here to distort the view.

We attend a lovely little church, that members have worked and sacrificed to erect and decorate, and truthfully it is a peaceful and comforting place. The appointments in

the church are lovely, and the colors designed to create a sense of peace and quietude. For us, it's restful just to sit alone in a pew. And don't we all need this in a world of confusion and angst?

However, the people in our little subdivision and even some of the “saints” are not as peaceful as they could be. It almost seems like “men's hearts are failing them for fear of what is coming upon the earth. We look outside of the cocoon that we live and worship in, and see nothing but discord. People grab for power and control, as though without it they wouldn't exist. They sneak behind others and do their dastardly deeds, at the expense of all that is good and merciful, and attempt to tarnish the reputations of anyone who gets in their way. And this is just in our local world!

Look around us, dare to watch the evening news, and it's far more of the same! Men's hearts (and women's too) are doing exactly what the Bible predicted - they are living internally and externally in FEAR! They fear what illness could do to them, fear what others can do, fear the times in which we live, fear that their relationships could end and fear that the world will end and are unsure of their future.

Fear creates stress, and stress destroys the body! Just overdo at home, have a deadline that you're “huffing and puffing” to meet, have a precious family member or friend who is critically or chronically ill, and you'll know what

Upcoming Events

Aug 21-27

- Adventist Chaplains Convention and Mini-Seminar for prisoners at Ohio State Penitentiary.

Oct. 5&6

- LaGrange, Brookfield, and Burbank, Illinois SDA Churches Outreach to the Community. Pending.

Kardia Kare

- Available seminar for engaged or married couples or singles. These are now scheduled according to need. [More info...](#)

stress it!! That's for sure! Worse yet, carry around with you some unresolved issues with people, old memories that haunt you or emotional difficulties with someone you love who won't allow some “issue” to be solved, and you'll understand and feel deadly stress!

A Harvard study shows that people who live in a state of high anxiety are 4 ½ times more likely to suffer sudden cardiac death than non-anxious individuals. An international investigation reveals that people who are unable to effectively manage their stress have a 40 percent higher death rate than their non-

stressed counterparts. Developed nations across the globe report higher levels of stress, anger, anxiety and dissatisfaction than ever before. We need to understand why this is happening! People broadcast their stress through reactions, energies and words, and everyone feels it! Do you find yourself feeling weighted down or too serious? When we are stressed, our clarity and creativity decline, we start to have more aches and pains, our thinking becomes fragmented and our attitudes turn negative. Stress ages us before our time and it robs us of our vitality and enjoyment in life.

Answer the following questions and determine if they apply to you:

1. Is your fuse shorter than it used to be? Do you find yourself getting angry at little things more often?
2. Do you find yourself feeling weighted down or too serious? Do you laugh less than you used to? Do you feel depressed or resigned to a life that's not changing?
3. Do you find yourself caught in distressing thought loops, replaying anxious emotional experiences or projecting anxious situations in the future?
4. Do you eat, drink or use mood-altering stimulants excessively?
5. Do you seem to rely on stress to keep going?
6. Do you find yourself forgetting little things more often? Do you feel a kind of mental gridlock?
7. Do you have recurring headaches, frequent gastrointestinal distress, or tension in your face, jaw, shoulders, back, or chest?
8. Do you talk fast or excessively? Do you spill things more, feel more uncoordinated, have more nervous tension?
9. Do you feel run-down a lot? Are you tired, but unable to really get restful sleep? Do you have a hard time falling asleep or wake up early in the morning and have trouble falling back to sleep?
10. Have you been sick with allergies, colds or flu more often? Or do you have a chronic problem your doctor has told you is stress-related because no pill or remedy has helped?

If you answered yes to three or more of the above questions, then you are experiencing some degree of chronic stress.

For many years now, stress researchers concluded that it's our "perception" of events, not the actual events themselves that cause most of the stress. After serious study and observation over 15 years, we've determined that it's not just the "perception" of events that cause stress. More importantly, it's our emotional response to these perceptions that make up the substance of stress. The stress is found in the experience of our negative emotions. The lack of ability to address emotions is the primary cause of today's stress epidemic.

Remember our Swan Song here at Fixable Life? "If you are teachable, you are fixable." There is hope for your stress, so if you haven't been through [The Journey](#) or you need a review, revisit your materials or find a group that you can start or attend.

In the next newsletter, we will discuss combating stress in your life. Be sure to watch for that the first part of August.



FREE AT LAST: Your Past May Be Dismal, But Your Future is Bright!

Currently on the Printing Press, **Our new book is going to be available toward the end of this month.** It combines true stories and a great deal of scientific evidence about the reasons for our thoughts, feelings and behaviors. The science is fascinating and so are the stories of real life human beings whose pain had or has precipitated their situations. Lots of help and hope are offered.

This is an excellent give-away book, so you might want to plan to give some of these for birthdays and Christmas Holidays that will arrive before you can blink an eye!

[Books will be available here](#) and priced at \$13.99 each. Currently, accompanying workbooks are in the process of finishing their writing/production. This book will make a wonderful small group process for anyone, but especially those who have been through [Binding the Wounds](#) or [The Journey](#). Those who have donated \$25.00 or more to the Prison Project will receive their free book as soon as we have our supply in hand.

