

# On Track



Education & Support  
Cognitive Behavioural Groups

Spring and Summer 2011

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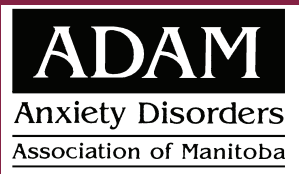
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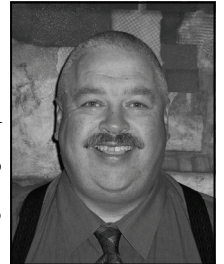


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## From the desk of the Executive Director

### Step by Step

Far too often we anticipate things to happen and when we do, it often never really happens the way you thought it would. Our anxiety is just another play on things we focus on with a great deal of energy and time. We have to live in the here and now so that our anticipatory anxiety is not controlling us 24/7. Your time and energy is better spent on what is right in front of you and self confidence and self esteem will be greater if you take care of tasks, one at a time. Being able to put completed tasks behind you allows you to move forward step by step and gives you that boost to feel good about completing things. Now, not every task can be taken care of all at once, but if you break it down into tiny steps you will successfully complete the task in short time.



## Food For Thought

- Today is the tomorrow we worried about yesterday.  
~Author Unknown
- Do not anticipate trouble or worry about what may never happen. Keep in the sunlight. ~Benjamin Franklin
- Worrying is like a rocking chair, it gives you something to do, but it gets you nowhere.  
~Glenn Turner

## Personal Story

When I was asked to write an article for the Adam newsletter, I am so blessed to be gifted with Generalized Anxiety Disorder. I will tell you my story and you will understand why my anxiety is a gift.

My family and I have a mixed farm of grain and cattle. In August 2009, I noticed something was wrong with me, I did not know what it was. My thoughts were distorted and controlling me and I was afraid of failing or making mistakes. I was afraid to do anything new or challenging and worried about my kids all the time. I was worried what people would say or think about me. I went through days without sleeping, which caused me to have many headaches. I thought this was how the rest of my life was going to be.

Finally, I saw a medical Doctor who said that I have Generalized Anxiety Disorder and prescribed an anti-anxiety medication and something to help me sleep. I said to myself I will not take any medication, I will be fine. This went on for 10 days during the busiest time of year for our family. I was operating heavy machinery, working long hours and being a mom all while I was pretending everything was fine.

I made the phone call to ADAM in Altona, Manitoba. She asked me a lot of questions and told me that she has been where I am. This was the best decision I made to take the Cognitive Behaviour group program. I have now taken the program 3 times and with each time I learn more.

My anxiety has allowed me to grow up and realize I am the boss of me. I can now do anything I want to. I am now aware of my thoughts and can stop them at anytime. I have talents, skills and abilities and I am not afraid to show or use them anymore.

I have learned to listen to what body is telling me which has enabled be to notice when my thinking is negative or distorted (I call these my special powers). I know that I will focus on what's going on within me and rebalance myself to get back to living, loving and laughing. My life is a journey and I accept whatever comes my way instead of fighting it.

By Anonymous

Dear Friends of ADAM,

The Anxiety Disorders Association of Manitoba is coming upon its 25<sup>th</sup> year of helping Manitobans who suffer with general and acute anxiety. We invite you to take a moment and make a donation that will help sustain this important work.

As a peer-based organization, our staff has first-hand experience in dealing with anxiety. Each of us understands how debilitating an anxiety disorder can become – and we also know just how treatable it is.

Through short-term group programs, we teach anxiety sufferers about their disorders and how to cope with them. Your donation would help immensely in ensuring our continued work.

## HOW TO DONATE

**Contribute online** at [www.adam.mb.ca](http://www.adam.mb.ca) à then click on this **Donate Now** icon beneath our left-hand menu. **Choose to make a one-time or a recurring monthly donation.**

Or **mail us a cheque** using the enclosed form.  
(Every donation is tax deductible and will receive a tax receipt.)




Every little bit helps, and your donation is greatly appreciated!

Sincerely,

Bruce Sielski,  
Executive Director

## PLEASE MAKE A DONATION TO Anxiety Disorders Association of Manitoba

\$20   \$30   \$50   \$100   other \_\_\_\_\_

Donations can be made on our website at [www.adam.mb.ca](http://www.adam.mb.ca) through the donate now link  or mail a cheque payable to: ADAM

Name: \_\_\_\_\_

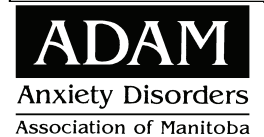
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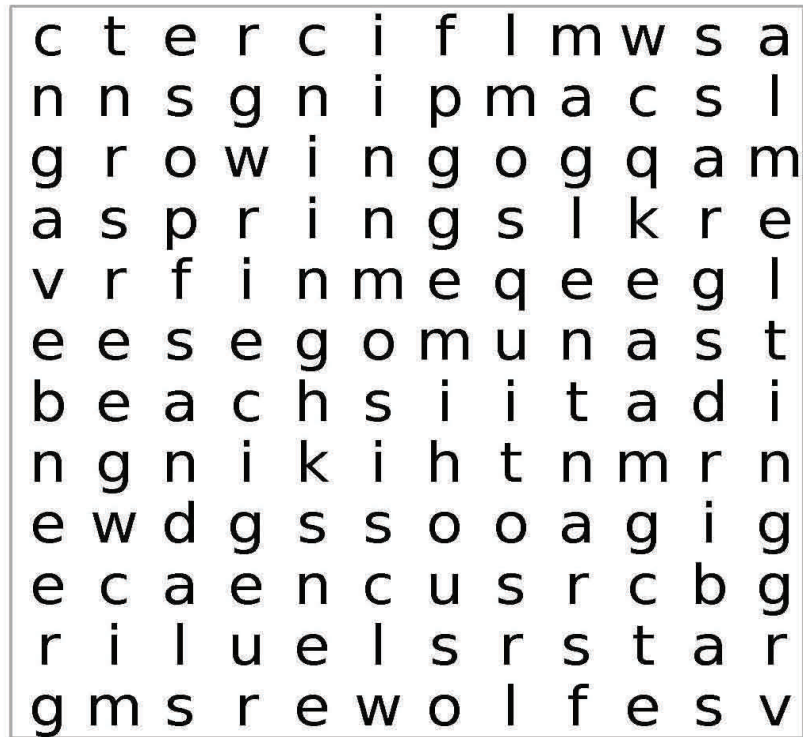
**Thank you for your  
valued contribution!**



# The fun zone



## Spring Time



Beach  
Cottage  
Green  
Lake  
Sandals  
Sunshine

Birds  
Flowers  
Growing  
Melting  
Shorts  
Swimming

Camping  
Grass  
Hiking  
Mosquitos  
Spring  
Vacation

### What has ADAM done for you?

- We want to hear your stories
- Anxiety Disorders can be beaten
- Let's spread the good news

Please email submissions to:  
[al@adam.mb.ca](mailto:al@adam.mb.ca)

### Information on Anxiety

(100- 4 Fort Street )

**FREE Information Session**

**Anxiety:**

**Have you ever wondered what anxiety is! Well here is an opportunity to find out. We will cover some of the main Anxiety Disorders.**

**Free Admission.**

Donations Are welcome!

**July12 From 7pm - 9pm**

Pre-registration required

Call **925-0600**