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A publication of

**ADAM**  
Anxiety Disorders  
Association of Manitoba

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## FROM THE DESK OF THE EXECUTIVE DIRECTOR

In December 2006 the Anxiety Disorders Association of Manitoba commemorated 20 years as a self-help organization. The 20th Anniversary celebration was a great success. The honourable Kerri Irvin-Ross (Minister of Healthy Living) gave the welcome address to an appreciative crowd. I would like to thank all who attended this historic event and look forward to the 25th Anniversary which will be bigger and better.



Change is a constant thing and I am happy to announce the launch of our new website. Over time this new site will give us the opportunity to be more interactive with our visitors. Mark your favourite pages and visit us often at [www.adam.mb.ca](http://www.adam.mb.ca).

Donations are always welcome at ADAM. All monies donated go directly into our prevention and educational efforts. Together we can make a difference as we work to reduce the impact of anxiety problems on the lives of Manitobans.

Bruce Sielski  
Executive Director

### PARALYZED BY FEAR?

If you experience:

- Shortness of breath
- Tightness of chest
- Dizziness
- Racing heart
- Trembling
- Numbness
- Choking sensations
- Feelings of unreality

We can help.  
Call **925-0600**  
or (800)805-8885.  
[www.adam.mb.ca](http://www.adam.mb.ca)

**ADAM**  
Anxiety Disorders  
Association of Manitoba

### ADAM's 20th Anniversary Celebration



**ADAM Board members & Minister of Healthy Living**  
L-R: Elsa Sydorko, Dr. Richard Shore, Kelly Southworth,  
Dr. Jason Ediger, Dr. Steve Feldgaier, Margaret Milton,  
Kerri Irvin-Ross (Minister of Healthy Living), Lois Callander  
(chair), Bruce Sielski (ADAM E.D.)

# ADAM - OUTREACH NEWS

## FACES OF THE NORTH: News from THE PAS

Faces of the North staff in The Pas, Darlene Mitton and Georgina Constant enjoyed participating in The Pas Trapper's Festival in mid February. They began by setting up an information booth at the Otineka Mall at Opaskwayak and later participated in the parade. Georgina's truck was decorated with posters and the new "Faces of the North" logo. Three young people on hand helped by throwing candies to spectators along the parade route. On February 15<sup>th</sup> an informal Open House was held at the office. A fair number of people dropped in for a visit and enjoyed the coffee, bannock, and tea. The Festival presented an excellent opportunity to reach out to the local community.

Georgina and Darlene were recently interviewed about "Faces of the North." An article regarding office hours, location, and services being offered appeared in the Opasquia Times (the local paper). If your organization or group is interested in hosting a free presentation regarding the mental health services offered at "Faces of the North" please give Darlene and Georgina a call. Also,

keep an eye open for future informational displays at the local malls.

The Office in The Pas was closed for some time. Many individuals, who phone in or drop by, comment on how great it is to see that the office is open again. We are greatly encouraged by the many organizations and agencies who have called to express their support of "Faces of the North." They say that our service was greatly missed and is appreciated.

"Faces of the North" is the new name for our office in The Pas which provides mental health services through: Anxiety Disorders Association of Manitoba (ADAM), Mood Disorders Association of Manitoba (MDAM), and Canadian Mental Health Association (CMHA).

## WELCOMES

ADAM welcomes Georgina Constant and Darlene Mitton to the newly formed "Faces of the North" office in The Pas, Manitoba. We welcome their enthusiasm and dedication to the needs of the NORMAN region.

# ADAM - OUTREACH STORY

## A Farmer's Testimonial to the Generosity of ADAM

I am a third generation farmer, who recently had a serious financial setback. When the beef business ran into crisis my income took a huge drop as my expenses kept climbing. In addition to this turmoil, about three months after the beef crisis hit, my son had a serious truck accident. It took several months for my son to recuperate and he was left with some permanent damage to his body. As a result of his injuries my son made the decision to leave farming. This left me to run the farm by myself.

All of these stressors caused me to experience a great deal of anxiety. After seeing a doctor and being put on medication I began to look for a way to get my life back on track (and hopefully get off the medication). I was directed to ADAM and after a couple meetings with the Outreach Worker I decided to attend the anxiety classes.

It helped me to open up and share my problems with others. As we shared we were able to help each other through difficult times. In the group I was challenged to face my fears. I learned to use deep breathing techniques to overcome my anxiety while performing my daily tasks. Setting realistic goals also became important. This way I had something to work toward and something to look forward to.

After attending several meetings I found that I was more relaxed, happier, and had a bigger appetite (which I had lost). I also had a greater sense of ambition to make the

best I could of the farming situation. I also came to accept my son's and his family's decision to leave the farm and look for an easier way to make a living.

It is important that I am thankful for what I have and that I don't worry about what I haven't got. Feeling sorry for myself is not helpful so I try to approach life with a positive attitude. I have chosen to become involved in community activities that build me up rather than the ones that tear me down.

I thank God for His guidance in my life. I also thank ADAM for opening my eyes. I was encouraged not to give up after these few years of dramatic stress. ADAM helped me to see all the things I had to live for.

L. B.

## Inspiration

The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.

*William James, 1842-1910*

# COMPLEMENTARY CORNER

Complementary Corner is a new feature of the ADAM *On Track* newsletter. At ADAM we offer Cognitive Behavioural Programs for individuals who struggle with anxiety. Many people who go through our programs employ resources from other health disciplines to complement the work they do here. This “corner” will provide readers with information regarding the rich tapestry of resources for healthy living available in our community. Our intent is not to promote these therapies, but rather to provide information so that you can make an educated decision regarding your own care.

What would you like to read about? Some ideas could include: acupuncture, meditation, nutrition, herbal remedies, exercise .... Email us with your requests at [adam@adam.mb.ca](mailto:adam@adam.mb.ca).

Our first column focuses on chiropractic care. Here we interview Dr. Henri Marcoux – a well respected chiropractor who has been practicing in Winnipeg for over 40 years. Dr. Marcoux speaks on the topic of Anxiety and the Body/Mind from his perspective as a chiropractic professional

## ANXIETY AND THE BODY/MIND: A Chiropractic Approach

An interview with Dr. Henri Marcoux.

**Question:** What do you understand about anxiety?

**Answer:** A definition of anxiety I favour can be stated as fear of impending doom. This could relate to situations real or unreal.

**Q:** Are you saying that fear is the underlying factor in anxiety?

**A:** Fear is a strong and necessary emotion. It has to be expressed, be appropriate, and dissipated. If it is misplaced and continuous, the experience becomes debilitating and destructive.

Feelings can usually be identified by the mind, but they really exist in the body as patterns in the musculo-skeletal system that the brain identifies as being related to certain emotional states. Certain emotions make us feel tense while others make us feel relaxed. When we feel anger or sadness, we know we are angry or sad by the way our body positions itself and by how our muscle system expresses its tension. The same applies to any and all emotions. Therefore, all feelings are physical.

If we do not fully express or experience an emotion the unexpressed part of the experience stays locked in the body musculature. An example would be the expression of anger. If we fully express the emotion, that emotion disappears. One minute you're angry and after having spoken your mind, you wonder what you were angry about. Once the emotion is fully expressed you feel much more relaxed.

**Q:** Are you saying that expressing emotions helps to rid us of anxiety?

**A:** Absolutely. However, it is not usually that easy. Often, the fear associated with anxiety can come from a long way back and be well established.

Fear is the first experience we face in our life during the birthing process, especially if labour is prolonged and difficult. If we recover from this fear, we start a process

of learning to deal with our fears as they present themselves in our early childhood. If we do not recover from early fear experiences, we do not develop the necessary skills. Instead we develop survival strategies that cause us to avoid dealing directly with fear.

When we repress this emotional energy it is expressed through muscle patterns held in the body, primarily the spine. (Thus, we unconsciously store previous experiences and still feel anxiety without understanding where it comes from.) If we hold an emotional pattern in our muscle structure over long periods of time, our muscles begin to pull our spine and body into a postural alignment that is characteristic of that emotion.

**Q:** Can anxiety be healed?

**A:** There is an adage well known in natural and holistic healing circles that goes as follows: “If you can feel it, you can heal it.”

In reality, any emotion we fully experience will evolve into a more positive basic emotion (usually from the opposite side of the emotional spectrum). So anger could evolve into peace, fear could evolve into courage and strength. Sometimes, however, we have been so traumatized by our fears, real or imagined, that we become afraid of fear.

**Q:** Does this mean that we are stuck with our fears forever?

**A:** As we mature, we develop strategies to conquer, eliminate or repress our fears. If we do not develop healthy strategies to handle stressful situations, the stress reaction, which is a body reaction, may become permanent or chronic. Chronic stress manifests itself as anxiety.

If we learn to face our fears and consequently experience them, our anxiety will disappear and be replaced by more positive emotions (i.e. courage, strength). This work is not easy. The key is to become aware of what we are feeling.

**Q:** What do you find when you examine a patient who is stressed or anxious?

## COMPLEMENTARY CORNER (continued)

**A:** In examining anxious patients in my practice I have found that certain muscles are hyper-contracted in holding patterns typical of unresolved stress. The most common postural pattern seen when stress levels are high can be described as a fight or flight posture. The thoracic/dorsal curve is often exaggerated resulting in a postural hump where the neck meets the dorsal spine. This projects the neck forward. The thoracic or dorsal spine is usually very tense and inflexible.

Common related complaints include: head and neck aches, tense shoulders, chest tightness, lower back pain, and foot problems. It is rare indeed, that symptoms to the neck and lower back are not associated to an emotional trauma or major stressor.

**Q:** How do you handle patients who are stressed and perhaps have anxiety?

**A:** Dealing with stress and anxiety is challenging. There are many therapeutic interventions that can be helpful. However, many do not address the root causes and serve only to hide the symptoms of anxiety. These remedies may help to reduce the intensity of the experience thereby allowing a person the space to deal with the situation. Antidepressants, for example, may make you feel better, but drugs do not address the root causes.

While there are many helpful ways to deal with anxiety, one of the most progressive, in my experience, is the application of appropriate chiropractic care. My clinical experience in dealing with patients who are plagued by anxiety has been very positive.

**Q:** Is there any research that supports the use of chiropractic care in the treatment of anxiety?

**A:** A research paper published in the peer reviewed publication *Nature*, under the heading of Molecular Psychiatry, authored by Dr. Jay Holder DC, (founder of the *American College of Addictionology and Compulsive Disorders* and developer of the *Torque Release Technique*), showed conclusively that subluxation based chiropractic care had a profound effect on reducing anxiety.

Using Beck's Depression Inventory and the Spielberger State Anxiety Test, (highly accepted methods of determining levels of anxiety), the following was found: Beck's Depression Inventory revealed that chiropractic care got depression levels below a score of 5 in 4 weeks, (a result which usually took one year of medication and psychotherapy to achieve). The Spielberger State Anxiety Test revealed that chiropractic care got anxiety levels below a score of 35 in 3 weeks. (Normally it took 6 months of medication and psychotherapy to achieve the same result.) The chiropractic technique used in this research was a subluxation / neurologically based chiropractic technique known as Torque Release.

Other research by the Association of Network Chiropractors published in the peer reviewed *Journal of the Vertebral Subluxation* revealed that subluxation or neurologically based chiropractic care produced an 80% improvement in overall quality of life in 2800 subjects polled for nearly two years. The technique used in this research was Network Chiropractic.

**Q:** How do you find a chiropractor who can help someone with anxiety?

**A:** There are at least 100 different chiropractic techniques or ways of assessing the spine and its relationship to the nervous system. Many of these techniques are oriented towards the relief of symptoms to the lower back or other joints of the body. Others are oriented towards changing the nervous system as it manifests through the spine. The research described above was based on subluxation / neurologically based chiropractic care. (This does not mean that symptom based forms of chiropractic care cannot help in alleviating anxiety.) The available research and my clinical experience strongly suggest that some methods are more effective than others.

**Q:** Why do some techniques work better than others?

**A:** Subluxation / neurologically based techniques seem to work better than others because they address the whole nervous system in its relationship to the spine, as opposed to one set of symptomatic joints. These techniques go beyond symptom relief and focus on changing the dynamic tension in the spinal cord membranes that influence the way we hold emotional patterns in the spine and body.

**Q:** How do you explain why these techniques work?

**A:** Every thought that originates in the brain has to be organized by the spinal cord in order to become an action. Any technique that reduces the amount of spinal cord tension will create more "ease" (relaxation / flexibility) in the body. Stress and fear makes us lose that "ease" causing what is called "dis-ease" or loss of ease. The correction of spinal "subluxations" (signs of abnormal function in the nervous system) creates "ease" and a restoration of normal function. Patients not only feel better, but also become more aware of themselves and how they feel. In this new context of greater flexibility a person can discover new ways of responding positively to the challenges life has a habit of providing for our growth. This is wellness.

Dr. Marcoux graduated in 1966 from Canadian Memorial Chiropractic College. He practices in Winnipeg using gentle, holistic, and vitalistic principles and techniques that help the body heal itself. He offers seminars on the neuro-dynamics of posture, emotions, stress, and subluxation/spinal patterns. This seminar is available to chiropractic professionals and anyone else interested in discovering more about the body/mind connection.

Dr. Marcoux can be reached at (204)235-0517.

# ADAM - WINNIPEG NEWS

Have you spotted ADAM's ads in the *Winnipeg Free Press*? Many have appeared over the past few weeks. As a result our phones have been ringing off the hook. No one knows this better than Eileen (our Office Support worker) who is constantly working to catch up on all the calls. If you've been trying to get through to us by phone without success don't give up. We really want to hear from you. Feel free to leave a message – we return all calls. Our office hours are Monday through Thursday from 9:30 a.m. to 4:30 p.m. You can also email us at [adam@adam.mb.ca](mailto:adam@adam.mb.ca).

If you, a friend or family member are looking for information about anxiety disorders and/or the services we offer you can also visit our website at [www.adam.mb.ca](http://www.adam.mb.ca). **Help is just a phone call (or a mouse "click") away!**

## ADAM Ongoing Support Group

**Location: 100-4 Fort Street**  
**Time: 6:30 to 8:30 p.m.**  
**Every Monday Night**

\*Enter at 4 Fort Street  
(corner of Fort and Assiniboine)

This is a drop in support group for anyone who has completed a cognitive behaviour program either through ADAM, St. Boniface Hospital Anxiety Disorders Clinic or other facilities. There will be a topic each evening followed by an opportunity for sharing information and experiences. There is no charge.

For more information, please call 925-0600.

# ADAM - WINNIPEG STORY

## INSPIRED TO LIVE ABOVE THE CLOUD

In 2002, I was twenty-two and felt invincible. As a successful restaurant manager with great family and friends, I was confident, outgoing and enjoying a busy life. Then it hit – Panic Disorder.

It seemed to come out of nowhere, although later on I came to realize there were many precursor symptoms that I did not recognize or, perhaps, simply ignored. Panic attacks and severe, chronic anxiety quickly took over my life. I was incapacitated – unable to work or take care of myself; it was a struggle to get through each day and I became totally dependent on my family as I battled with the disorder.

My confidence, self-esteem and personality drained away. I felt alone in my anxiety and was ashamed, fearful and felt like a failure until I was put in touch with ADAM. I joined the Panic group in the fall of 2003 and soon realized that there were other people who were just like me; people who really understood what it was to live under the disabling cloud of anxiety.

There is a real connection that those of us who have experienced an anxiety disorder share and the group supported and encouraged one another. Knowledge about anxiety disorders is real power, and I was inspired by the progress and perseverance of those in my group. It required a lot of time and effort, but I took back control in my life by learning self acceptance, relaxation techniques, and how to identify and counter negative thoughts.

It has been over three years since my last panic attack and I am loving life. I was able to go back to university and complete an honours degree, gain back my independence and return to meaningful work. I am also looking forward to co-facilitating a CBT group this spring at ADAM, and take great pleasure in talking about my experiences to anyone and everyone who will listen!

Although my life came crashing down around me, I was blessed with an incredibly supportive family (thanks Mom and Dad), doctors and the team at ADAM, without whom I would not have experienced such a remarkable recovery. The work that ADAM does in reaching out to people who are experiencing difficulties similar to what I went through, or for those who are at risk for developing an anxiety disorder, is so important. However, it is just as important to educate people in general– families, teachers, employers, doctors and friends – to let them know that anxiety disorders are *real, disabling*, and most importantly – *treatable*.

T. C.

## Believe

Believe you can and you can.

Belief is one of the most powerful problem solvers.

When you believe that a difficulty can be overcome,  
you are more than halfway to victory over it already.

Norman Vincent Peale, 1898-1993

# SIX SIMPLE STEPS to SOLVING SPRING / SUMMER STRESSORS

Days are getting longer and the sun is warmer. Now is the time to get a cup of tea and take a chair outside to a nice sunny corner of your deck and enjoy. Can't relax because you're a worrier? We all experience a certain amount of concern, but some of us are more pessimistic than others. When we fret it's always the worst possible thing that comes to mind. Worrying is a great thief of time. Agonizing over a problem may feel productive (at least we are thinking about it). Realistically though, we have set off an escalating spiral that can ruin the entire day for ourselves and for those around us.

Try solving your problems using these 6 steps:

- Step 1 Identify the problem.**
- Step 2 Am I blowing it out of proportion?**
- Step 3 What are my choices?**
- Step 4 Are there pros & cons to each option?**
- Step 5 Which alternative would I like to try?**
- Step 6 Try it.**

Worrying about the future robs you of the present moment. Using the above steps can be helpful in moving through your worry. Then, you can sit in the sun and sip your cup of tea in peace and contentment.

Take care and enjoy the longer sunny days.

Barbara Brass is the ADAM Outreach worker for the Burntwood area. She can be reached at her office in Thompson, MB by phone at (204)778-6306 or via email at [adamthp@mts.net](mailto:adamthp@mts.net).



**ADAM**  
Anxiety Disorders  
Association of Manitoba

Do you experience:

- Persistent, senseless worry
- Unexplained heart racing
- Difficulty sleeping
- Fatigue
- "Wired" or tense feelings
- Extreme shyness

We can help.

Call **925-0600**

or 1(800)805-8885.

[www.adam.mb.ca](http://www.adam.mb.ca)

## 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:

[wendy@adam.mb.ca](mailto:wendy@adam.mb.ca).