

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 education @adam.mb.ca

Editor : Kellie Rudy

INSIDE THIS
ISSUE:

Holiday Stress	2
Holiday Stress Tips	2
Workshop Information	2
Book Nook	3
Outreach	3
Time Out	3
Personal Story	4

On Track >>>>>

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From the Desk of the Executive Director ...

It is truly amazing how our anxiety can direct us on paths we would never choose to follow. Just when we think we are moving in a positive direction, it can derail us. Anxiety is a very powerful entity as it causes us to feel overwhelmed and powerless, zapping us of our self confidence. It is difficult to be positive or have a rational view about something, when anxiety is telling us to run and hide.

Do you feel you have failed if your anxiety returns?

Sometimes anxiety can take over even if we have received help for it. Participants in our programs often get excited

about being able to do things again. Then they hit a plateau and slack off on practicing their new skills. Unfortunately, they fall back into old habits and get discouraged when the anxiety returns. Practice, practice, is the order of the day.

Do you feel you have failed if you did not achieve a goal?

It is crucial to be vigilant in your practice to achieve a goal or goals. Take your time and plan out the steps you need to achieve that goal. You wouldn't jump into a race car and drive the Indy 500, without first taking smaller steps to get there. Realize you did not get to this

point overnight and it will take time to break the habits you have created for yourself.

Break down goals into easy, attainable steps and continue to practice good habits to ensure success in breaking the anxiety habit.



Bruce Sielski — Executive Director of ADAM

In The News....

A study done by Dr. Alicia Meuret at Southern Methodist University in Dallas discovered physiological changes at least 60 minutes before patients' awareness of a panic attack. Through 24 hour monitoring by portable recorders, researchers captured changes in breathing, heart rate and other

functions. The data showed little additional physiological change during an "out of the blue" panic attack versus the 60 minutes prior.

"The fluctuations that we discovered are not extreme; they are subtle. But they seem to build up and may result in a

notion that something catastrophic is going on." Meuret said.

Data also showed patients were hyperventilating on a chronic basis. "Increases in CO₂ cause feelings of suffocation and can be panic triggers," said Meuret.



Have realistic goals and expectations for the holidays - aim for good enough - not perfect.

When in haste, rest in the present. Take a deep breath and come back to here and now.

- Dan Millman

Smooth seas do not make skillful sailors.

- African proverb

Holiday Stress

'Tis the season for family, friends, joy and laughter. That is the postcard. In reality, it is also the season of time pressure, family quarrels, financial worries, and unrealistic expectations. There is shopping to be done, presents to wrap, cookies to bake, visiting, travelling, entertaining ... the list goes on. It is easy to lose sight of what is important and your health can suffer under the stress. Try these

tips to help ward off anxiety and get perspective on the holiday season.

1. Be Realistic - You cannot control everything. Ask for help and include others.

2. Accept Imperfections - go with the flow. Mishaps can make the best memories.

3. Wellness is a Verb - 5 minutes of calm breathing, a walk or exercise will help to bring back your inner calm.

4. Make a Budget

5. Plan! - Making lists takes the details out of your head and gives you a concrete reference. Plus it feels like an accomplishment when you cross an item off.

6. 'No' is Not Just for 2 Year Olds - Saying 'yes' too often can make you feel resentful and overwhelmed.

7. Count Your Blessings - Pick 5 things you are grateful for every day. It creates positive feelings and a hopeful outlook in life.

Workshop

HARRIED HOLIDAYS

Guest Speaker
AL KIRCHER
Psychologist, M.A.

Do you know how holiday stress affects you?

- *Mentally*
- *Physically*
- *Emotionally*

*Tuesday,
November 29, 2011
7:00 p.m. — 9:00 p.m.*

4 Fort Street

Pre-registration required

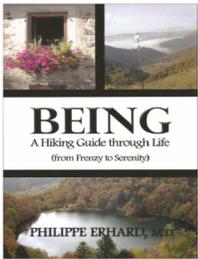
925-0600

Door prizes!

Join us for a free information evening with tips on how to manage this hectic time of year!

ADAM
Anxiety Disorders
Association of Houston

Book Nook Reviewed by Ruth Grewe



A path to a more peaceful, balanced life

BEING A Hiking Guide Through Life (from Frenzy to Serenity)

By Philippe Erhard, M.D.

Dr. Philippe Erhard is a Family and Sports Medicine physician. He was born in France where he developed his love for the outdoors. He enjoys hiking, canoeing and cross-country skiing. His home is Winnipeg and all the parks, forests and lakes of Manitoba.

This is an inspirational book designed to help us slow down, increase our awareness of the present moment and have a positive attitude in life.

The author uses a real hiking trip and the breathtaking beauty in Alsace, France to illustrate the ideas presented. Each chapter is followed by practical exercises that are simple enough to incorporate into our lives.

A fascinating book! You will enjoy it!

www.erhard.ca

You did what you knew how to do, and when you knew better, you did better.

- Maya Angelou

Outreach Tami Giesbrecht - Central

Hello my fellow anxiety newsletter readers! I am excited to tell you that this year I am focusing on high school students. When I talk to adults about when their anxiety started, the reply is often, "when I was in school." So I am taking a proactive approach.

I currently run a support group at the Altona High School. Starting in November, I will be running

two groups at the Winkler High School and am hoping to get a peer support group started at Morris High School.

Central outreach offers peer support groups for adults in Altona, Winkler, and Portage. Both peer and family support groups are held in Carman,

Recently at the Altona and Winkler Peer Support groups, we

offered education sessions on how to manage 'toxic people' in our lives. These sessions were very well received. We are currently working on Life Strategies.

The people I work with teach me just as much-or sometimes more-than the education I offer them. Education about anxiety is the key to managing anxiety - so lets keep learning!

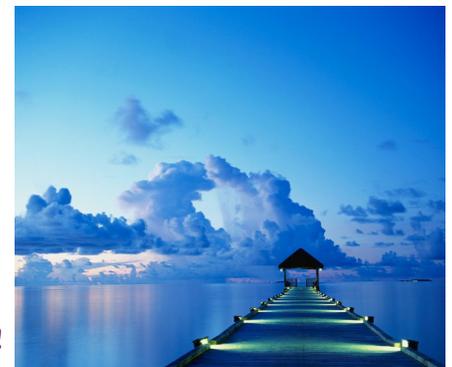
Time Out

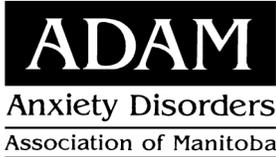
Imagination is your ticket to paradise ... that place of perfect happiness. You must make sure that you have control over your imagination; don't let it control you. Visualizing yourself in a place of calm (a beach, a forest walk, even watching the clouds pass by) is a great way to take a break. Close your eyes and paint

a vivid picture in your mind. Use all of your senses to fully experience your surroundings. When you find your mind wandering, add another detail to the picture. Focus your imagination on this place you have created. Better yet, make it a goal to experience it in person and you will have more to build on the next time

you need a time out.

Imagination is your ticket to paradise... and it's free!





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WHO ARE WE?

ADAM is a self help organization that offers cognitive behavioural groups, ongoing support groups, an information and referral service, and education and public awareness workshops.

The group self-help approach provides peer support, enabling sufferers to overcome the feelings of isolation which often accompany anxiety disorders. A self referral is all that is required to apply for our programs.

DID YOU KNOW?

ADAM is a registered self-help charity committed to helping individuals who struggle with anxiety disorders. If you or someone you know has struggled with anxiety you can help. Donate by clicking on the Donate Now icon on our website. Charitable receipts are provided



for donations.
Thank you for your generous support!

www.adam.mb.ca

Personal Story

I've always been a worrier but after having twins in 2005, my worry went into overdrive. I was one of those people who liked things to be 'just so'. I felt I needed to be perfect. Be the perfect woman, mom, wife, friend, daughter. Keep a perfect house. Do all of the right things and say all of the right things—be everything to everybody.

Just before Christmas 2006 we were finishing our basement and I 'needed' it done by Christmas. I was feeling the stress of life overtaking me. I needed to be in control yet couldn't control my environment. The basement was completed days before Christmas but then the stress of entertaining family for the holidays replaced the renovation stress.

On Boxing Day morning I had my first Panic Attack. I thought I was going crazy. I felt out of control and I thought that I would never feel normal again. Suddenly all of my per-

ceived perfection was crumbling around me. Everyday things felt overwhelming. I could barely take care of myself never mind two infants and all of the other commitments in my life. I felt alone, scared, and embarrassed that I was 'crazy'.

Then in the spring of 2008 I saw an ad for ADAM in the newspaper and joined a Panic Cognitive Behaviour Group. What a relief to know I wasn't alone — that other 'normal' people were struggling with the same thing.

Through the encouraging guidance and support of the facilitators and staff at ADAM and a lot of hard work, I started to see a shift in my anxiety. I was hopeful that I could feel normal again. After the pro-

gram I continued to work at my anxiety and the panic attacks went away.

Since then, I have embraced life and started living it for me. I am a better person for having anxiety and overcoming it. I am grateful for the opportunity to help others through facilitating CB groups at ADAM.

I have learned now to let go of having to be in control. To appreciate the little things and recognize that there can be beauty in imperfections. I am very grateful to ADAM for giving me the tools to live my life fully and with confidence.

I want others to know that there is hope and that anxiety disorders are VERY treatable! - K.R.