



Healing the Heart Through the Creative Arts, Education & Advocacy

Hope, Healing & Help for Trauma, Abuse & Mental Health

Out of suffering have emerged the strongest souls; the most massive characters are seared with scars. - Kahlil Gibran

The Surviving Spirit Newsletter August 2014

Hi Folks,

Welcome to another edition of the Surviving Spirit newsletter...and it's August already. I do believe that as I get older, time seems to fly by even faster...even though I think I have slowed down. Oh well.

I do hope that you have taken some time off or plan to...**and soon**, because we do deserve to rest, regroup and recuperate from life and all that it entails. For myself, I plan to dig out my backpack and hike a few mountains. I have always found peace and serenity when in the midst of an arduous hike and then taking the time to enjoy the breathtaking views that come as a reward for my journey up a mountain. I'm grateful that I am still able to do this.

Hiking and camping have been a huge part of my healing journey – I would get so excited when out on the trail with only my backpack, tent and food supplies. I could hike up some pretty tough trails on some of the mountains, and would think to myself, YES!! I've done it, the depression and the post-traumatic stress have gone...only to be saddened when it would come back after my return to 'civilization'. I could never understand this – I could undertake some strenuous tasks and do so with clarity and peace of mind, but it was always short-lived. It has taken me many years to finally come to acceptance that it takes times to heal and grieve our respective losses, trauma, and abuse. I hope you give yourself time, space and understanding on your own healing journey...and don't beat yourself up as I used to do, so many years ago.

The loss of Robin Williams and how he ended his life has caused a bit of an emotional roller-coaster ride for me. And not because he was a celebrity – it was the way his life ended. One suicide is one too many...and I can only guess why it happened like everyone else. We do need more awareness and understanding around the complex issues of suicide and all that it entails. It has been hard not to think about my own two brothers and two friends who took their lives...

Here are a few resources to help in that end of breaking the silence and the shame surrounding suicide. Please do visit these websites, knowledge is power, *Thank you!*

[Understanding Suicide: Myth vs. Fact](#) - The American Foundation for Suicide Prevention

Suicide is a serious public health problem that takes an enormous toll on families, friends, classmates, co-workers and communities, as well as on our military personnel and veterans.

To understand why people die by suicide, and why so many others attempt to take their own lives, it is important to know the facts. Please read the facts about suicide below and share them with others.

[How to Cope With Suicidal Thoughts: 16 Steps](#) [with Pictures]

Suicidal thoughts can happen when feelings of hopelessness, isolation and despair become too heavy to bear. You might feel so overwhelmed with pain that suicide seems like the only way to release yourself from the burden you've been carrying. But knowing how to cope with suicidal thoughts will keep you safe and give you time to see that there are other options available - options that will let you stay alive so you can experience joy and happiness again, no matter how impossible it seems right now. See step 1 and beyond to learn how to cope with suicidal thoughts.

*If you're having suicidal thoughts and need immediate help coping, **please call 800-273-TALK**, the National Suicide Prevention Hotline.*

[Robin Williams in a group facing higher risk of suicide: Older white men with depression](#) - The Washington Post

If you tried to create a profile of someone at high risk of committing suicide, one likely example would look like this: A middle-aged or older white male toward the end of a successful career, who suffers from a serious medical problem as well as chronic depression and substance abuse, who recently completed treatment for either or both of those psychological conditions and who is going through a difficult period, personally or professionally.

“The best way out is always through.” Robert Frost

1] [Self-Care: A Hero's Journey for those healing from child abuse, trauma and addictions](#) - Big Voice Pictures

We all need self-care, yet after writing our last blog, Time for Rest, I thought about the significance of self-care for individuals healing from childhood abuse, trauma and addictions. It struck me that by choosing to engage in a daily self-care practice, they heeded the call to embark on a hero's journey. A commitment to self-care is ultimately an odyssey of self-transformation.

By engaging in self-care, they embrace, and rewrite the chapters of their daily stories of co-dependency, self-sabotage, emotional overwhelm, and lack. Self-care offers them the opportunity to craft new chapters with tender loving care. By caring for themselves, they lay a solid foundation for living, creating stories with wholesome and hopeful endings.

The journey of self-care catapults a survivor of abuse and trauma from victimhood to thriving. Daily self-care is like a thermometer, a way a survivor manages the rigors of counseling, support groups, and emotional work, and yet also allows time for hobbies and joyful activities. When needed, self-care can be a welcome pillow for pain and grief to rest. For anyone, self-care allows us to take off the masks of our false selves, nurturing our true selves. It moves us from despair to hope, from lost to found, and over time, to feeling powerful and at home within our bodies. [Read the entire article](#)

“Try to be a rainbow in someone's cloud.” Maya Angelou

2] [ASADV – Advocacy Services for Abused Deaf Victims](#)

ASADV is a member of the Rochester/Monroe County Domestic Violence Consortium (DVC) and Justice for Deaf Victims Coalition (JDVNC).

Mission and Vision

Our mission is to provide support to the Deaf community and to Deaf, Deaf-Blind, and Hard of Hearing individuals, families, and children who are or have been victims/survivors of domestic violence and/or sexual abuse.

We offer a safe and supportive environment of advocacy, empowerment, community education, and training services. All of our staff are Deaf. All of our staff, advocates, and volunteers are fluent in American Sign Language (ASL).

It is our vision that the various components of ASADV be Deaf-run and be advocates within institutionalized systems. We work cooperatively with various Deaf and hearing-based agencies.

Goals

ASADV's main goal is to support the needs of Deaf, Deaf-Blind, and Hard of Hearing victims/survivors of domestic violence and/or sexual violence. We also support the needs of other members of the Deaf community including Children of Deaf Adults (CODAs) and other signers.

We aim to:

- Ensure that services are available to victims/survivors
- Ensure full access to communication
- Empower victims/survivors in attaining support and assistance through other agencies

Anonymity and confidentiality are strictly honored.

"If opportunity doesn't knock, build a door." Milton Berle

3] [P.O.V. Documentaries with a point of view – Neurotypical](#) - trailer

"Neurotypical" is an exploration of autism from the point of view of autistic people themselves. Four-year-old Violet, teenaged Nicholas and adult Paula occupy different positions on the autism spectrum, but they are all at pivotal moments in their lives. How they and the people around them work out their perceptual and behavioral differences becomes a remarkable reflection of the "neurotypical" world -- the world of the non-autistic - revealing inventive adaptations on each side and an emerging critique of both what it means to be normal and what it means to be human.

"A great deal can be learned as a result of painful circumstances but they are not my only teachers. I live in a world full of wonders. Today I will pay attention to their gentle wisdom." Courage to Change

4] [Autism Acceptance and Understanding](#) – Dr. Dan Edmunds

Autism is not a disease or an entity. It is not something that we must seek out to eradicate. Rather, it is a mode of being, an umbrella term to describe how one relates (or does not relate) to the world. If we look at autism as an entity, a 'thing', then this leads us to develop programs that will seek to alter the person into something they are not nor will or can ever be. It causes us to seek to alter the person by force, coercion, and manipulation.

Behavioralism has sought to modify the person, the existential approach rather seeks to understand. How the autistic person behaves should be seen as a form of communication, possibly the only form of communication they may possess to describe their joys, sorrows, or distress. The world of the autist is often misunderstood, one may see the person flapping their arms, and see this as 'strange' and in need of suppression. But if we look inwardly and explore the meaning behind this action, we may find it is telling us of something, it is indicative of how that person feels. It is one of their few ways to be able to share their experience. [Learn more](#)

"I discovered the secret of the sea in meditation upon a dewdrop." Kahlil Gibran

5] [Autistic Empowerment](#) – Dr. Dan Edmunds

In my therapeutic work with autistic and developmentally different persons, there are some core principles I have developed.

- Presume intellect: Because a person is non-verbal or struggles in communication does not mean they are not intelligent nor have nothing to say. We must explore and utilize the strengths and passions of the person.
- Behavior is communication: We may be making a grave mistake when we simply seek to shut down or suppress with powerful psychiatric drugs what we judge to be 'unwanted' behaviors. Behaviors, even those one may deem 'unwanted' may be for some the only means to convey their needs or distress.
- Self-Advocacy: If we wish to understand autism, we must be willing to enter their world, not force them to enter our own. We must be willing to validate self-advocates and seek knowledge about the autistic mode of being from those who actually live it each day. [Learn more](#)

"In a gentle way, you can shake the world." Mahatma Gandhi

6] [Having strong social ties protects men from suicide death](#) - Medical News Today

Social integration, such as being married, attending religious services, and having a large network of friends protects men against suicide, according to a study being published in [Annals of Internal Medicine](#).

Suicide is one of the top 10 leading causes of death among men in the United States. Prevention efforts usually emphasize the study of psychiatric, psychological, or biological determinants. However, research has shown that a substantial proportion of suicidal behaviors occur in the absence of a formally diagnosed mental disorder, suggesting that a deeper understanding of factors driving suicide is needed. Researchers used data from the Health Professionals Follow-up Study, an ongoing prospective

cohort study of 34,901 men aged 40 to 75, to estimate the association between social integration and suicide mortality over 24 years of follow-up.

Social integration was measured with a seven-item index that included marital status, social network size, frequency of contact, religious participation, and participation in other social groups. Marriage, frequent attendance at religious services, and having a large social network seemed especially protective.

“What we achieve inwardly will change outer reality.” Plutarch

7] [Healing and Healthy Environments Make a Difference!](#) : Connecting Voices by Jaime Romo, Commissioned Minister for Healing and Healthy Environments

Someone asked me recently what difference has it made that my church, Pilgrim UCC in Carlsbad, aspires to be a safer (healthy) and healing community. At our recent annual celebration of Safe Church Sunday on May 18, I responded to that question. I told the congregation that I thought that Pilgrim was evolving to become the best healing and wholeness community in the county from the inside out.

“That’s why we value Progressive Theology — it helps people heal from oppressive religion or theology, to unlearn and decide for ourselves, to redeem our ever evolving sense of God. That’s why we value social justice — because we need justice to heal and it helps us as well as it helps others, from immigration reform, to LGBTQ allies, to Get on the Bus, and Literacy, to being one of the temporary homeless shelters and on and on.

That’s why we value spirituality — because if we’re not centered, we can’t get to our own deep healing and can’t be a healing presence for others. Spirituality, it seems to me, is the process of reconnecting what has been fragmented in us and in society. A deeper connection helps us to face shame and fear and being centered helps us to know that we are worthy of love and belonging, to be whole hearted people, as Brene Brown says- people of courage, compassion and connection. [Read the entire article](#)

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” John F. Kennedy

8] [Fear and Extreme States of Mind](#) – Dr. Dan Edmunds

What is defined as schizophrenia and psychosis is typically a state of chronic fear and terror. These individuals have been shattered by trauma. Within them, mental images of past events continue to haunt them. The inner voice (or conscience) which we all possess becomes amplified to a level where visual and auditory hallucinations become present. Grandiose thoughts arise as an attempt to either stave off depression or to escape from the painful reality of a distressing situation and disordered world. Anti-psychotics have been used to diminish the hallucinations and other distressing behaviors, but they have never addressed the reactions of the person and the underlying trauma and factors that have led them to seek a departure from defined reality. Therefore, in collaborating with these individuals, we must meet them in their sense of reality. We must join in respectfully and in a dignified manner, slowly and gently addressing the various disturbances in thought process. We must uncover the hidden traumas and seek to 'be with' the person as they develop new coping mechanisms. It is entirely possible for individuals even in the states of severe mental anguish and distress to recover. And it is

indeed possible for this to be accomplished without the addition of toxic drugs. The key is relationship. That is what these individuals are lacking and need. They need to know that there may be exist, if even but one, stable and loving relationship in a world so often filled with pain. [Read the entire article](#)

[Dr. Dan L. Edmunds](#) received his Doctorate of Education from the University of Sarasota in Pastoral Community Counseling. Edmunds received his MA in Theology from the University of Scranton and completed undergraduate studies at the University of Florida. Dr. Edmunds is a Diplomate of the American Psychotherapy Association, Dr. Edmunds work has focused on drug free relational and existential approaches to autism, trauma, attachment concerns, and extreme states of mind. Dr. Edmunds has frequently lectured, been interviewed on radio and television programs, and been a speaker at professional conferences in this regard. Dr. Edmunds' practices in Northeastern Pennsylvania.

“Wonder rather than doubt is the root of all knowledge.” Abraham Joshua Heschel

9] [Listening to Music - Beyond Injury™](#) - Enjoying Life After Brain Injury - Scott

In the past, when I heard a school district downsized or eliminated its music department, I wondered if students suffered for the poor decisions of administrators. After watching the following five-minute video, I have a better understanding of the connection between music and the brain. Listening to music and playing a musical instrument activate the brain similar to the way in which exercise and nutrition stimulate the body.

A year or so after my diagnosis, I started thinking about the role of music in the recovery process for brain injury, post traumatic stress syndrome, addiction, and other adversities. Is it possible that listening to music or playing a musical instrument might improve the recovery process by stimulating the brain? Watch the following video and tell me what you think. [Video - 5 minutes – posted at the website]

“People tell you the world looks a certain way. Parents tell you how to think. Schools tell you how to think. TV. Religion. And then at a certain point, if you're lucky, you realize you can make up your own mind. Nobody sets the rules but you. You can design your own life.” Carrie-Anne Moss

10] [Don't Blame The Mandated Reporter \(why child abuse reporting is sporadic\)](#) – Tom Ridge

This review about the dangers mandated reporters are facing is taken from a series of excellent articles on child abuse by the Daily Kos

As a longtime volunteer CASA guardian ad-Litem, I have too much experience with failure to identify/failure to report terrible things done to children. Reporters genuinely fear for their safety and reputation and fail to report (Or, “see”) horrific abuse to avoid potential damage to themselves.

Mike Tikkanen - [INVISIBLE CHILDREN](#)

After two preschool children indicated their father was abusing them and one child tested positive for a sexually transmitted disease, a health care professional treating the youngsters followed her state's mandatory reporting law — but now she's the one in trouble.

“They act like I made it all up,” the professional, who agreed to be interviewed on the condition of anonymity, said of her state licensing board. “I have lost business and I’m having trouble getting back into a couple of insurance networks.”

She’s confident she made the right decision to report the suspected sexual abuse but is baffled why a state agency has joined the alleged abuser in questioning her motives. “Less than five percent of children who report sex abuse are telling lies,” said the professional.

Child psychologists and others who work to protect abused children say this is a common scenario — they report abuse and suffer retaliation when the alleged abuser files a complaint against them. They say the actions taken to punish them by government agencies speak louder than the mandatory child abuse reporting laws.

In Pennsylvania, where former Penn State football coach Jerry Sandusky escaped detection for years while molesting multiple children, several politicians have pointed to the state’s treatment of Dr. Jim Singer as part of the reason why. “As a concerned psychologist and mandated reporter, Mr. Singer spoke out,” Pennsylvania State Sen. John N. Wozniak wrote on March 5, 2013, to State Attorney General Kathleen Kane. “What happened to him after he did might certainly have had a chilling effect on the reporting of child abuse and allowed perpetrators like Jerry Sandusky to remain unchallenged.” [Read the entire article](#)

“Keep all special thoughts and memories for lifetimes to come. Share these keepsakes with others to inspire hope and build from the past, which can bridge to the future.” Mattie Stepanek

11] [Megsanity.com - Is Depression A Physical Illness?](#) The Link Between Depressive Symptoms and Brain Changes (Part 2)

According to Dr. Peter Kramer in *Against Depression*, depression is the "most devastating disease known to humankind"¹ (pg 150). It alters both psychological functioning—in the form of emotional issues— as well as physical abilities—in the form of pain, lethargy or other connected ailments. Depression strikes early, often triggered by stress or trauma which leads to “kindling”, as discussed in detail in the last post.

Understanding where depression comes from, as well as what is happening inside your brain, may help you determine the best way to attack it. The good news is that there are a number of treatment options available. The bad news is that most who have one episode will have another, and each episode tends to be worse than the one before it, particularly in those who forgo therapy. [Learn more](#)

“If you accept the expectations of others, especially negative ones, then you never will change the outcome.” Michael Jordan

12] [Mindfulness Training May Assuage Early-Life Trauma](#) - MIND Guest Blog, Scientific American Blog Network - [Dr. Thaddeus Pace](#)

“Resilience” is a popular answer these days. But it’s a buzzword in danger of losing its meaning through overuse. As the need for resilience grows, it’s important to be specific about the term. A new white paper, “The Human Dimensions of Resilience,” of which I’m a co-author, reviews relevant

research and proposes evidence-based ways of defining and building resilience. Published by the Garrison Institute, a non-profit that promotes “contemplative” solutions to social and environmental concerns, the paper is intended to advance conversations about our well-being.

Traumatic stress can undermine and shorten peoples’ lives, especially if they’re exposed before age 18. They’re more likely to have lower achievement and wellness, and experience more illness. “Early life adversity”—experiencing abuse or household dysfunction during childhood—correlates not only with more psychological problems, but also with elevated inflammatory markers like C-reactive protein or higher insulin levels that persist into adulthood. Studies show a strong, graded relationship between early life adversity and risk factors for the leading causes of death in adults.

Resilience can mitigate those effects. Extraordinarily resilient people can thrive in adversity and use difficult experiences as opportunities for growth. But resilience isn’t an inscrutable, innate personality trait you’re either born with or not. It’s likely a spectrum of qualities that people possess in varying degrees that help them survive challenges, shut off aspects of stress response when they’re no longer needed, and return to a pre-stressor, baseline state. As such, resilience is something we should be able to analyze and teach, and anyone should be able to learn.

Studies show contemplative practices such as mindfulness meditation, compassion training, yoga, etc. can reduce harmful impacts of stress, and they can be helpful in building resilience. However, recent media coverage gushing over how contemplative practices like mindfulness make you happier, healthier, sharper and richer spreads confusion about how those practices work. [Read the entire article](#)

“If we did all the things we are capable of, we would literally astound ourselves.” Thomas A. Edison

13] [Self Help Strategies for PTSD – pdf](#) Anxiety BC™

STEP1: Educate yourself: Learning about anxiety & PTSD - No matter what type of anxiety problem you are struggling with, it is important to know the facts about anxiety.

FACT 1: Anxiety is a normal and adaptive system in the body that tells us when we are in danger. This means that dealing with your anxiety NEVER involves eliminating it, but rather managing it.

FACT 2: Anxiety can become a problem when our body tells us that there is danger when there is no real danger. [Learn more](#)

[Anxiety BC™](#) - Help is Available - Anxiety and stress are something we all face in our lives. Sometimes, however, this anxiety can overwhelm us and significantly interfere with the quality of our lives. Any of us and any of our children can get into difficulties with excess anxiety. The purpose of this website is to inform you of the features of the various ways excess anxiety can express itself and also to provide you with effective strategies to begin to address your anxiety.

We hope that the information, programs and videos on this website will be a strong starting place for you to begin to help reduce excess anxiety in yourself and your loved ones. In addition to home management strategies, there are numerous professionals who can provide additional help. Your family doctor is often a good place to start as is a psychologist or psychiatrist with special expertise in anxiety.

AnxietyBC™'s Mission - AnxietyBC™ provides a rich resource of self-help information and programs, as well as resources for parents and caregivers. Our mission is to increase awareness, promote education and improve access to programs that work. [Learn more](#)

“Experience is not what happens to you, it is what you do with what happens to you.” Aldous Huxley

14] [Should survivors of abuse be parents?](#) - Christopher & Ophelia de Serres YouTube 9:22 minutes long

& their website - [\(Wo\)Men Speak Out's Blog](#) - Changing the face of advocacy.

(Wo)Men Speak Out™ is a non-profit organization dedicated to eradicating rape, sexual assault and gender violence. We seek to educate both men and women, cultivating healthy relationships and gender equity.

Christopher de Serres is the Co-Founder of (Wo)Men Speak Out™ and Editor of Minizine, a WSO online publication. A public speaker and freelance writer with a lifelong passion of the psychology and sociology, Chris has explored such subjects as the emotional and cultural impacts of abuse, gender constraints and recidivism in our communities. While much of his work serves his passions, he explores subjects that both educate and explore a more globally diverse context to include cultural variousness and the impact humans are having on the environment. During his free time, Chris is an avid rock climber and curious tourist. He currently lives in Seattle, WA.

Through her work as Director of Ophelia's Love and Co-Founder of (Wo)Men Speak Out™, Ophelia de Serres has a style that is uniquely her own. She draws from her personal experience as a survivor of CSA, intimate partner violence and over 10 years as an Assaulted Women & Children's Advocate. She is a community volunteer with the Seattle Police Department, Victim Support Team working in the area of domestic violence. During her free time, Ophelia enjoys writing, rock climbing, singing and yoga.

“No man can think clearly when his fists are clenched.” George Jean Nathan

15] [Healing Through Creativity Festival](#) - Where trauma & chronic illness survivors and supporters are invited to share art, music, writing, poetry and any other creative forms to inspire, educate and promote awareness.

The 2014 Healing Through Creativity Festival - Located in the beautiful & historic town of Bramwell 20 Main St. Bramwell, WV 24715 Mercer County (Go to the [CONTACT page](#) for directions)

September 19-21, 2014 - Attendance is not necessary to participate, though we warmly welcome all visitors and look forward to seeing you.

HTC is a free Art Event for Survivors of Trauma including Rape, Sexual Abuse, Domestic Violence, Crime, War Trauma, Disability, Illness, Accidents, Grief, Loss & other Trauma.

“We cannot drop out of human involvement without endangering our spiritual health.” One Day At A Time In Al-Anon

16] [CyberBully Hotline](#) - Anonymous Bully Reporting Solution - Helping Schools Prevent Bullying and Violence

Just for today, I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime. One Day At A Time In Al-Anon

“Each time you meet an old emotional pattern with presence, your awakening to truth can deepen. There’s less identification with the self in the story and more ability to rest in the awareness that is witnessing what’s happening. You become more able to abide in compassion, to remember and trust your true home. Rather than cycling repetitively through old conditioning, you are actually spiraling toward freedom.” - True Refuge

17] [True Refuge: Finding Peace and Freedom in Your Own Awakened Heart](#) - Tara Brach Amazon Books

How do you cope when facing life-threatening illness, family conflict, faltering relationships, old trauma, obsessive thinking, overwhelming emotion, or inevitable loss? If you’re like most people, chances are you react with fear and confusion, falling back on timeworn strategies: anger, self-judgment, and addictive behaviors. Though these old, conditioned attempts to control our life may offer fleeting relief, ultimately they leave us feeling isolated and mired in pain.

There is another way. Beneath the turbulence of our thoughts and emotions exists a profound stillness, a silent awareness capable of limitless love. Tara Brach, author of the award-winning *Radical Acceptance*, calls this awareness our true refuge, because it is available to every one of us, at any moment, no exceptions. In this book, Brach offers a practical guide to finding our inner sanctuary of peace and wisdom in the midst of difficulty.

Based on a fresh interpretation of the three classic Buddhist gateways to freedom—truth, love, and awareness—*True Refuge* shows us the way not just to heal our suffering, but also to cultivate our capacity for genuine happiness. Through spiritual teachings, guided meditations, and inspirational stories of people who discovered loving presence during times of great struggle, Brach invites us to connect more deeply with our own inner life, one another, and the world around us.

"The mind may have forgotten but the body has not." Sigmund Freud

“Trauma disembodies us. Our body gets overwhelmed by stimulus or shuts down giving rise to the patterns of fight, flight and freeze. Traumatic events leave physiological and emotional scars that alter neurological structures and functions. By developing skills, individuals can recognize and reduce the painful effects of trauma and thereby free up energy for meditation and life itself.” - [Spirit Rock Meditation Center workshop](#)

“All progress must come from a seed of self-appreciation...” The Dilemma of the Alcoholic Marriage

18] [Self-esteem: Take steps to feel better about yourself](#) - Mayo Clinic

If you have low self-esteem, harness the power of your own thoughts and beliefs to change how you

feel about yourself. Start with these four steps to a healthier self-esteem.

Low self-esteem can negatively affect virtually every facet of your life, including your relationships, your job and your health. But you can take steps to boost your self-esteem by taking cues from types of mental health counseling.

Consider these steps, based on cognitive behavioral therapy:

1] Identify troubling conditions or situations - Think about the conditions or situations that seem to deflate your self-esteem.

2] Become aware of thoughts and beliefs - Once you've identified troubling situations, pay attention to your thoughts about them. This includes your self-talk — what you tell yourself — and your interpretation of what the situation means. Your thoughts and beliefs might be positive, negative or neutral. They might be rational, based on reason or facts, or irrational, based on false ideas.

3. Challenge negative or inaccurate thinking

Your initial thoughts might not be the only possible way to view a situation — so test the accuracy of your thoughts. Ask yourself whether your view is consistent with facts and logic or whether other explanations for the situation might be plausible.

4. Adjust your thoughts and beliefs -Now replace negative or inaccurate thoughts with accurate, constructive thoughts. Try these strategies: [Read the entire article](#)

“Stop looking over your shoulder, you're not going that way. Look forward with hope, because today is a brand new day.” Dave Hedges

Take care, Mike, Mary, Zsuzsi, Becky, Cynthia, Lynn & Mary Ann

PS. Please share this with your friends & if you have received this in error, please let me know – mikeskinner@comcast.net

Our lives begin to end the day we become silent about things that matter. Martin Luther King, Jr.

A diagnosis is not a destiny

[The Surviving Spirit](#) - Healing the Heart Through the Creative Arts, Education & Advocacy - Hope, Healing & Help for Trauma, Abuse & Mental Health

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"BE the change you want to see in the world." Mohandas Gandhi

