

AUTUMN SHINE 2009

Q&A: I have recently discovered that I am to be retrenched and I am now experiencing loss of sleep and have become quite anxious, thinking about what's ahead. How will I manage all this?

Initially, it is vital to actively accept the fact and look at the reality then keep your thoughts in check. It is easy to let your self esteem slip by thinking negatively about yourself and the situation.

Deena Thompson Counsellor/Psychotherapist

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SURVIVING EMOTIONAL PAIN.....

There is no denying the intensity of pain that adversities in life can bring. So, how do we minimise it? The degree of pain experienced has a great deal to do with how we choose to respond to our circumstances. The more we commit our energy to resisting, denying and struggling, the greater the pain.

There are 3 vital steps to making a difference.

Active Acceptance of the reality of what you're dealt. This does not mean we have to like or agree with it. We can then commit our energy to creating a difference.

Dynamic Relaxation....What we are going for is emotional flow. Dynamic Relaxation addresses body tension and keeps us from stifling our energy. .

Connected BreathingThis gives a healthy expression to our pain. Pain often demands our breathing to stop, becoming shallow and reducing vitality. Remember to breathe well.

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The Power of Your Emotions.....

Did you know that we owe a lot of our successes and failures in life, our ability to be happy and vital to how we deal with the constant flux of our emotional energies? Our emotions are the activation of feelings. Our feelings are the raw material that provide us with essential information about our needs and wants and provide direction if we stop to take notice. If we are in tune with our feelings and use the information, we open the way to physical health, mental clarity, greater ability to respond to others and more effective creativity.

Emotions can also be our curse if we choose to block, suppress or deny what we feel. Our challenge is firstly, to learn to know our feelings. Secondly, accept them as valuable. And thirdly, to express our feelings or channel them toward an effective response that will meet our needs but not violate another's.

The term Emotional Intelligence was coined to describe how we use the power of our Emotions to bring about an acute awareness of ourselves and of one's creative role in the unfolding of events.

Our intelligences are innate, but we need to learn how to best use and apply them through practise and with guidance. For most of us along the way, somewhere we have missed a beat in the learning and can struggle sometimes. This is what the Counselling process provides at the Counselling & Psychotherapy Centre. An opportunity to harness the power of your Emotions.

Deena