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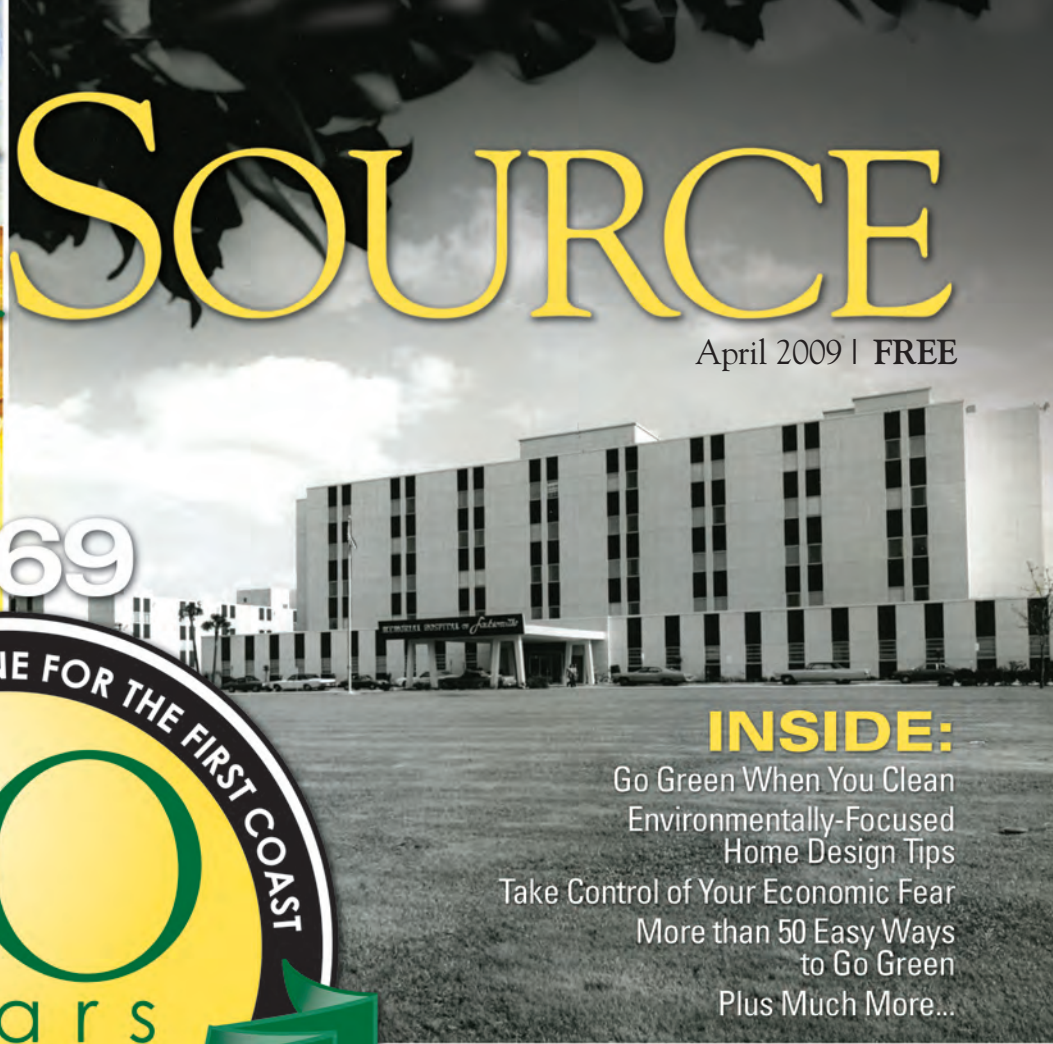
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INSIDE:

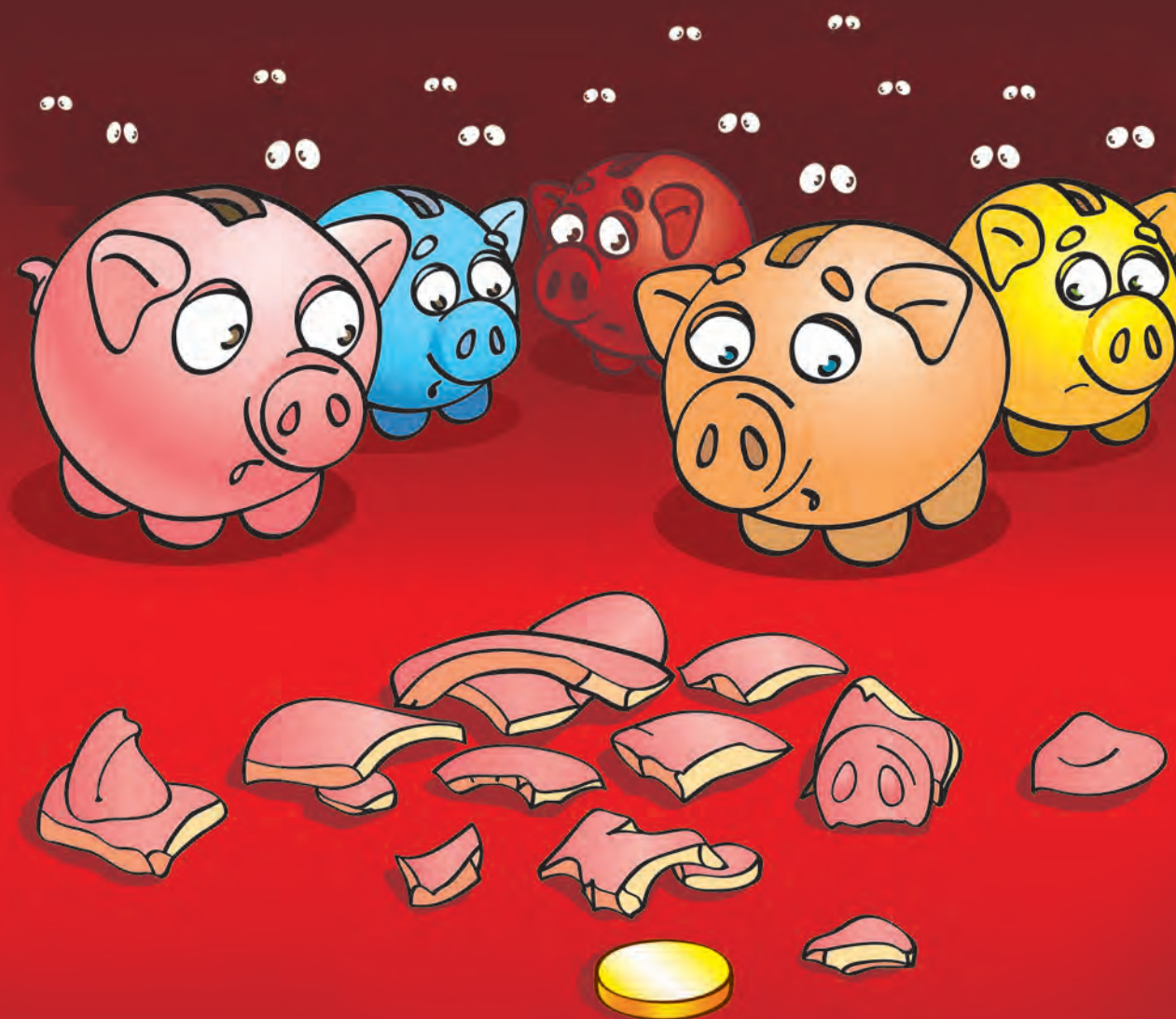
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overcoming“the fear

“We need to remember that life is good – to focus on what is working and what we have to be grateful for. Taking tiny, baby steps toward a positive solution are energizing and we need to remember to celebrate each one.”

— Judith Orloff, M.D.



Simple steps to transform

By Priscilla Goudreau-Santos

Economic fear – the fear of losing your job, paying your rent or mortgage, having financial security when you’re old, keeping up with bills or supporting your loved ones – is the leading stressor for about 80 percent of us, according to a recent study by the American Psychological Association.

Most of us would agree that it’s hard not to be overcome with financial fear when talks around the water-cooler revolve around these topics and financial doom and gloom is announced morning, day and night in headlines and newscasts.

The health consequences of this daily stress onslaught include overeating, over drinking and smoking, anger, depression, headaches, insomnia and a weakened immune system.

FOCUS ON THE GOOD

“We’re in the midst of an economic and emotional meltdown and we need immediate strategies so we don’t get sucked into a vortex of fear and negativity,”

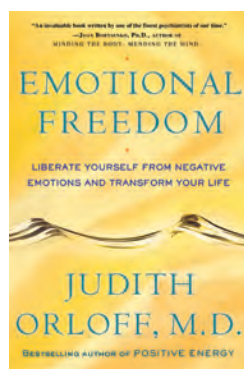
said Judith Orloff, M.D., UCLA psychiatrist and author of “Emotional Freedom: Liberate Yourself From Negative Emotions and Transform Your Life.” “We need to remember that life is good – to focus on what is working and what we have to be grateful for. Taking tiny, baby steps toward a positive



Judith Orloff, M.D.

factor”

economic fear into constructive, positive energy



solution are energizing and we need to remember to celebrate each one.”

When you're fearful and stressed, your thinking is muddled. Dr. Orloff and other mental health practitioners suggest breathing deeply to center yourself and clear your head.

“I work with patients all the time with staying focused and

often suggest a three-minute meditation where they sometimes get flashes of intuition. Intuition is very creative and will help generate new solutions,” she said.

“People don't have to be captive to fear and negativity,” Dr. Orloff continued. “I'd like people to know that they can be empowered to overcome fear and turn it into courage. The essence of emotional freedom is being compassionate with yourself and taking small steps ahead – you don't have to have big, life-changing epiphanies. Patience is a wonderful coping skill to counter frustration. Another door will open, and it's important to be in the now and keep your eyes focused on today. That's where my patients get into trouble: when they focus on the 'what ifs'. Everybody does it.”

She shares five easy steps to managing fear and “flipping the switch” from negative emotions to healthy, positive ones:

- **Calm down your stress hormones.** Eliminate or avoid people and situations that cause the stress response in your body, which speeds up your pulse and mimics the feeling of fear. These include caffeine, sugar and other stimulants; emotional vampires, or people who drain your energy and make you tense to be around; violent newscasts; traffic jams; and arguments.

- **Identify your fear triggers.** Pick one fear to start, such as being laid-off. What brings on that fear? Bad news from your industry? Seeing a co-worker laid-off?

New health bills? The more specific the triggers, the better. Identifying triggers keeps you from being caught off guard next time one crosses your path. Without the “boo factor,” fear triggers lose their power.

- **Turn fear into courage.** Turn fear into courage by taking small do-able actions. Identify one of your fears, such as being unable to pay your credit card bill. Notice the physical sensations in your body when you think about this fear. Next, think of a small, positive step, like calling the credit card company and renegotiating your fees so you can make a smaller monthly payment. Then, notice the change in how your body feels. Finally, take that step. Now you feel brave, not fearful, because you're taking positive action. Once you get energized, you'll be motivated to try this process with another fear.

- **Attract positive people, not emotional vampires.** Be around people who are upbeat, not depressed. Engage in activities that make you feel better, such as yoga or taking a walk with a friend, rather than wallowing in fear of the pink slip, your 401(k) statement or your credit card bill. Affirm all that is going well in your life – good friends, family, small pleasures. Focus on what you have to be grateful for rather than stresses. These activities chase negativity away.

- **Stay in the “now.”** Don't catastrophize about the future. Keep your mind focused on the present moment only – don't let it wander to worst-case scenarios. Stay focused on what you have to be grateful for now and positive changes you can make today.

REGAIN CONTROL

Board certified clinical psychologist Justin D'Arienzo, Psy.D., ABPP, suggests using the three “Cs” when coping with financial stress. Now in private practice in Jacksonville, Dr. D'Arienzo provides clinical and industrial-organizational psychological services as well as performance coaching to adolescents, adults and various

De-Stressing Tips from the American Psychological Association

- **Pause, but don't panic.** There are many negative stories in newspapers and on television about rising interest rates. Pay attention to what's happening around you, but refrain from getting caught up in the hype, which can lead to high levels of anxiety and bad decision making. Avoid the tendency to overreact or to become passive. Remain calm and stay focused.

- **Identify your financial stressors and make a plan.** Take stock of your particular financial situation and what causes you stress. Write down specific ways you and your family can reduce expenses or manage your finances more efficiently. Then commit to a specific plan and review it regularly. If you are having trouble paying bills or staying on top of debt, reach out for help by calling your bank, utilities or credit card company.

- **Recognize how you deal with stress related to money.** In tough economic times some people are more likely to relieve stress by turning to unhealthy activities like smoking, drinking, gambling or emotional eating. The strain can also lead to more conflict and arguments between partners. Be alert to these behaviors. If they're causing you trouble, consider seeking help from a psychologist or other professional before the problem gets worse.

- **Turn these challenging times into opportunities for real growth and change.** Times like this, while difficult, can offer opportunities to take stock of your current situation and make needed changes. Try taking a walk – it's an inexpensive way to get good exercise. Having dinner at home with your family may not only save you money, but it will help bring you closer together. Consider learning a new skill. Take a course through your employer or look into low-cost resources in your community that can lead to a better job. The key is to use this time to think outside the box and try new ways of managing your life.

- **Ask for professional support.** Facing money troubles can be difficult, even embarrassing, but ignoring them and hoping they'll go away usually means they get worse. Financial planners are available to help you take control over your money situation. If you continue to be overwhelmed by the stress, you may want to talk with a psychologist who can help you address the emotions behind your financial worries, manage stress and change unhelpful behaviors.

Florida Urogynecology & Reconstructive Pelvic Surgery, P.A. Specialists Help Women Return to Active Lifestyle

Making patients feel comfortable talking about incontinence, or pelvic floor disorders such as pelvic organ prolapse, (bladder drop) is one of Dr. Lee Epstein's specialties. "These are common problems, yet they are not often spoken about," said Dr. Epstein, who joined Dr. Jason Thompson at Florida Urogynecology and Reconstructive Pelvic Surgery, P.A. in September.

As part of the patient-centered experience and care Florida Urogynecology provides, Dr. Epstein knows how to deal with sensitive topics in a considerate, supportive way. "There's a sense of relief when women are able to talk about problems they may have with urinary incontinence, pelvic pain, painful intercourse or pelvic organ prolapse," said Dr. Epstein. "We let them know right away that these are problems they do not have to endure. There are effective treatments that will give them a much better quality of life. Yet they may not know that is what a urogynecologist can do for them."

Dr. Epstein said awareness about the newest treatments can make a world of difference for patients who have suffered in silence or embarrassment with pelvic floor disorders or incontinence. Treatments today are far better, and less invasive than they were even 5 to 10 years ago.



JASON R. THOMPSON, M.D.

Dr. Thompson is board-certified by the American Board of Obstetrics and Gynecology. He received his fellowship training in Urogynecology and Reconstructive Pelvic Surgery at Johns Hopkins University.



LEE BRANDON EPSTEIN, M.D., M.Sc.

Dr. Epstein completed a 3 year fellowship in Urogynecology and Pelvic Reconstructive Surgery in Louisville, Kentucky following residency training at Northwestern University. Dr. Epstein specializes in laparoscopic and minimally invasive approaches to pelvic floor disorders.

"These are rarely life-threatening problems," he noted. "However, they can make life miserable if they are not treated."

Dr. Epstein joined the practice with extensive experience in a new minimally invasive technique, laparoscopic sacral colpopexy, to repair pelvic organ prolapse. He has performed more than 250 of the procedures. "It is a technically challenging operation few physicians can perform but the symptomatic relief and cosmetic results are outstanding with only a few abdominal incisions no wider than your pinky finger."

Dr. Epstein has received numerous awards for his research and contributions to the field of urogynecology. "Knowing the things I do everyday help to restore a normal quality of life to women who have suffered in silence for too long, is the most rewarding aspect of my role as a urogynecologist."

For more information or to schedule a private consultation with either Dr. Epstein or Dr. Thompson, call 904-652-0373.

Conditions treated by pelvic rehabilitation:

Urinary incontinence, Urinary urgency/frequency, Urinary retention, Overactive bladder (urge incontinence), Pelvic floor muscle spasm, Interstitial cystitis, Chronic pelvic pain, Chronic constipation, Fecal incontinence, Rectal pain, Pelvic floor relaxation (muscle weakness), Postpartum muscle weakness

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Simple steps to transform economic fear into constructive, positive energy



Justin D'Arienzo, Psy.D., ABPP

corporations. He is also a former Naval Officer and Operational Psychologist.

"In the Navy, I did a lot of hardiness training where the focus was on three factors for resilience or hardiness training. Resilience is the ability to thrive during adversity. The three Cs are Commitment (are you fully committed to your circumstances and do you find meaning in it); Control (not blaming yourself for the situation you're in, but taking control of the outcome by taking small steps for empowerment like going to the gym again or going to a homeless shelter); and Challenge (seeing adversity as an opportunity for bet-

terment of the family; e.g. if we can make it through this then we can make it through anything together)," he said.

In therapy, Dr. D'Arienzo says that he sees many people who are fearful that they may lose their job or who have already lost their job. He stresses that it's key to remember that they're not to blame. "They weren't in control of what happened but they can regain control by looking for work again – they will work again," he said. "I help people with problem-solving strategies, to learn new job strategies and interview skills. The important thing is to engage – to keep applying, networking and staying open to taking risks."

Other strategies include talking to friends, exercise and yoga classes, and slowing down to enjoy moments with your family. The troubled times won't last, he says, and staying active, getting involved in the community and enjoying time with your family will bring the family closer. Volunteering also helps you to feel that you're not alone and you'll be remembered for your service when times are good.

BE PROACTIVE

"I think the most prevalent result of this is kind of economic situation is an underlying stress," said Ellen Williams, Ph.D., director of outpatient behavioral health for Baptist Health. "Many people are wondering if they haven't already been affected directly by the downturn, when it will affect them directly. It's probably affecting people who tend to worry more than others who don't."

Strategies to overcoming financial fear and worry, she suggests, are curbing the tendency to catastrophize the problem. For example, someone going through foreclosure may spin that situation into the worst possible scenario, like never being able to own another home. Similarly, someone who's been downsized may think they'll never work again.

"You need to realize that this is a time-limited set of circumstances. Definitely, you want to be problem solving proactively, such as dealing with a balloon mortgage now instead of in three years when it comes due. Proactively problem solving will ease your fear and worry, and don't think about the worst that can possibly happen. Exercising is a great stress reliever and doesn't have to be intense. If you exercise several times a week and cut down your caffeine intake, you'll begin feeling better," Dr. Williams said. HS



Ellen Williams, Ph.D.

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