

Think Tank June 2015

Focus: Try Something New

"I'm too old for that..."

"You can't teach an old dog a new trick..."

"I don't have time to change..."



Ahh, the excuses we make to avoid trying new things! How easy it is to let fear, impatience and others' opinions dictate our decisions to hold back, put off and sadly, diminish our dreams of living the life we want to live. But what if you could learn to *embrace* new things rather than resist them? Well, you can; it just takes honesty, commitment and persistence. Here's how to get started:

- **Honesty** -One of the biggest reasons we resist trying new things is fear; fear of failure, fear of embarrassing ourselves, fear of admitting we don't know what we're doing. An important step in releasing any type of fear is to first acknowledge its existence. This is sometimes trickier than it sounds because many of us associate fear with weakness. Fear seems so "big" --perhaps because of its strong physiological effect on the body; pounding heart, sweating palms, lurching stomach, etc.. But in fact, fear is just like any other feeling. And feelings come and go. The next time you consider trying something new and feel fear as a result, start by saying, "This is me, feeling fear about trying this new thing," then, take several long, deep breaths. Don't try to resist it; and don't let it take hold of you. Just let it be; then let it pass, as it will.
- **Commitment** -Trying new things requires a commitment to whatever new thing you want to try. But that doesn't mean you need to go overboard. If your goal is to "start an instantly successful business" -- that's a big, difficult leap. But if your goal is to "learn everything I can about entrepreneurship before plunking down my life savings on a food truck" (or similar), then you've got a goal to which you can fully commit and even enjoy the process at a much lower risk level.
- **Persistence** -You know the old saying: If at first you don't succeed, try, try again. Doing something you've never done before takes courage; the courage to step out on a limb in the first place, then, step out there again if you're unhappy with the initial result. Failing is how we learn to do better; isn't that what we tell our children? And of course, it makes sense. At the end of the day, wouldn't you rather have tried, and maybe failed, then never have even tried? *This month, don't be afraid to try something new.*



Self Care Strategies: Create a 'Better Health' To Do List

Perhaps you've been thinking of taking up jogging or yoga (for the past four years). or quitting smoking (one of these days), or scheduling a physical exam (hmmm, when was the last time you had one?), or a 'tune-up' session with your therapist (we know you've been 'meaning' to!) --but there never seems to be enough time for these things because you're too busy taking care of everyone and everything else. Maybe it's time to create a 'Better Health' To Do List! Write down your Top Five physical, mental and spiritual goals for the summer with a deadline for completing each goal. Post the list in a prominent space. *Just Do It.*

Reconnect: Was It Good for Us?

One of the most important things that couples can do for each other is to give their relationship top priority. Of course, that includes considering your significant other's feelings, needs and dreams but it also includes taking into account what's best for the *relationship*. For example, accepting a job offer that pays significantly higher might seem like a no-brainer, but if it includes so much out-of-town travel that you'll see your partner only once a month, it might not benefit your relationship. Each couple is different, and each has at least some general ideas about what works (and doesn't) in your relationship. When you base decisions on 'What's best for us as a couple?,' it's easier to stay connected.

Bibliotherapy: *The Forgotten Waltz* by Anne Enright

Set in the middle of Ireland's economic downturn, Irish novelist Anne Enright brings us Gina, the unapologetic, married woman, and Sean, the self-absorbed married man who becomes involved in an extramarital affair. Told from Gina's point of view, Enright spends no time trying to make the reader actually like her protagonist, but she's brutally honest about her intentions, "capturing the heady eroticism of an extramarital affair and the incendiary egomania that accompanies secret passion." (*Elle* magazine) Enright deftly weaves present time with flashbacks in a way that is both circuitous and clear. A perfect beach read.

Time-Out: Create a "Go To" Downtime Activity

Dallas has no shortage of things to do for kids during the summer, but what about incorporating some good old-fashioned downtime? The challenge in suggesting downtime to children, though, is getting them to see the value of doing *nothing*. Try creating a "downtime" box for them, filled with things like paper and pen for doodling or journaling, laminated photos of nature (mountains,



oceans, grassy fields, clouds, etc.), a favorite book or two and maybe even a soft, scented eye pillow or noise-cancelling headphones. Kids need opportunities to rest, relax, wonder and dream -just as much (if not more) as they need external stimulation and information.

For more insight on how these suggestions can relate specifically to your family, please contact [Laura Elpers](#) to schedule a parent coaching session.



Take Two: *Can't Stand Losing You: Surviving the Police*

"Based on the acclaimed memoir by renowned guitarist Andy Summers, the movie follows Summers' journey from his early days in the psychedelic '60s music scene, to chance encounters with drummer Stewart Copeland and bassist Sting, which led to the formation of The Police. During the band's phenomenal rise and its dissolution at the height of their popularity in the early '80s, Summers captured history with his candid photographs. Utilizing rare archival footage and insights from the guitarist's side of the stage, this film brings together past and present as the band members reunite for a global reunion tour in 2007." -Review source: www.angelikafilmcenter.com

Insights Happenings:

Mindful Moms Group Join us weekly for an ongoing group designed for moms who are looking for help and understanding in navigating life challenges with their kids. This group is designed for moms with kids who are tween, teens, young adults, and boomerangs. Mindful Moms Group offers moms support, therapy, and education as well as connections, parenting tools and stress reduction techniques. The cost is \$30 a week, registration is not required. For more information email thinktank@insightstherapy.com or call [\(214\) 706-0508](tel:(214)706-0508).

Yoga We believe that healthy living requires an holistic approach - mind, body and spirit. We don't just treat symptoms or isolated causes. We work with you as a whole person to experience greater fulfillment and less anxiety in your life. Beginning July 25th, every 4th Saturday of the month, Insights will host a Yin Yoga class. Yoga for your mind -it calms, it stretches, it builds endurance. The poses in yin yoga are practiced entirely while sitting or lying on the mat, with out the use of props. This style of practice is a restorative yoga. The fee for this class is a donation and all proceeds will go to The American Heart Association. Instructor -Scott Murphy

Igniting Intimacy & Addressing Infertility Join us for a 2-hour



workshop on how to ignite and maintain positive intimacy when working through problems with infertility. Negative feelings may arise & intimacy may suffer from stress from repeated medical visits, anxiety with prescribed medications, climate for "sex on demand" at home, pressure for positive treatment outcomes, and the depression that follows another cycle without conception. Join us Saturday, June 27th from 10am-12pm. The cost is \$75 per individual / \$120 per couple. You can register online at www.insightstherapy.com under the group /workshop section.

Nourish -Insights will be starting a new mixed-gender on going group on Monday, May 11th for individuals 18 and up that struggle with eating and body image. The group will help separate food and feelings with the support of a Licensed Professional Counselor and a Registered Dietitian. The group will meet on Mondays from 6-7:30pm. For more information, call [\(214\) 706-0508](tel:2147060508) or email thinktank@insightstherapy.com

Inner Evolution Group Coaching Inner Evolution Group Coaching is an ongoing women's group designed to enhance a women's fulfillment, harmony, and inner peace. Our mission is to empower women in their emotional and spiritual evolution through education, guidance, and support. The group will be facilitated by Amy Egan and Robin Knuutila. To read more about this supportive and healing women's group please visit the Insights website. If you are looking for a deeper connection with yourself and other women call [214.356.7646](tel:2143567646) or email amy@innerevolutioncoaching.com to reserve your spot.



Our Time is Up: Stay tuned for our July issue...

