

## Self-Healing

For People Who Enjoy Helping Themselves

December 2005

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**IN THIS ISSUE**

— ABOUT JOY

HI EVERYBODY!

By the time this reaches you, you will very likely be feeling some degree of stress related to the holidays. Many of my clients try not to pay attention to the stress they're experiencing, hoping it will dissipate on its own. In fact, when feelings are ignored, they tend to build and finally express themselves as anger, anxiety, depression, or illness. Whether the stress you feel during the holidays comes from rushing around or from spending more time with family, you will benefit from both long and short term solutions for dealing with stress.

Over the long term, it's best to address the causes of stress through counseling, life coaching, or some other personal growth method. In the short term, it's worthwhile to learn techniques you can use to relax your nervous system while the stress is occurring. In past newsletters, I've discussed how to use the **Emotional Freedom Technique** to relieve stress quickly and effectively. Another very effective technique that brings relief in seconds and can be used discretely is the **Serenity Solution**. I've taught many of my clients to use this technique; they report that they use it in the midst of all kinds of stressful situations, from waiting in line at a store to talking with a difficult relative at a family gathering. The technique is described below. Feel free to call me if you have questions about how to use it.

### **THE SERENITY SOLUTION** (Breath Release Technique)

1. Place your tongue on the roof of your mouth (acupressure point).
2. Focus on the emotion you are experiencing (stress, anger, sadness, anxiety, etc.) and feel it as much as you can. Do not avoid the feeling. Feel it as much as possible for the moment.
3. Inhale through your nose with your tongue on the roof of your mouth while you focus on the emotion and feel it as much as you can.
4. Exhale through your nose while you keep your tongue against the roof of your mouth and try to let go of the feeling. You "expel" the feeling as you exhale and "blow it away."
5. While you are exhaling and blowing the feeling away, picture something going away. For instance, you can picture a bird flying away, a balloon floating away, smoke leaving your body, etc., if it helps you release the feeling. As an alternative, you can say a phrase to yourself, such as, "I release this feeling for my own well-being" or use a spiritual or religious phrase that is soothing.
6. Notice what is left of the emotion. If there is any emotion left to release, repeat steps 1-5 as many times as necessary to gain complete relief.

The newsletter topic for this month, written by my colleague, Tony, is called **About Joy**. It focuses on taking the time to recognize and fully experience both the large and small joys in your life. In the meantime, remember to take care of yourself! If you or someone you know is experiencing a large amount of holiday stress, please give me a call.

## ABOUT JOY

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### **OUR "AUTOMATIC PILOT"**

Plants are on "automatic pilot" to grow toward the sun. Animals are on automatic pilot to grow toward food and procreation. Everything in nature is on automatic pilot - constantly seeking what will meet its needs.

**Humans are on automatic pilot toward joy.**

### **HOW IT WORKS**

We have feelings about our NEEDS (like for food, air, water, etc.).

**When needs are satisfied, we feel joy.**

We have feelings about our WANTS (for love and affection, even for things like a new car).

**When wants are satisfied, we feel joy.**

**Our emotions constantly push us toward joy.**

When we use our **anger** well, we increase our odds of getting what we want and feeling joy.

When we use our **sadness** well, we replace what we've lost and feel joy again.

When we use our **fear** well, we protect ourselves and feel joy.

There's even a built-in "inducement" toward joy called **excitement**.

We feel excited whenever we are "on our way" toward what we want!

Excitement mobilizes our energy to keep us on track toward joy.

### **HOW TO GET MORE JOY IN YOUR LIFE**

#### **The "Cheaters" Way!**

The easiest way to get more joy in your life is to simply IMAGINE that you have something you want!

Using your imagination in this way produces an immediate "dose" of joy. The problem, of course, is that since you know you are only imagining, this dose only lasts for the very short time you can maintain the fantasy! Still, it's a great idea to give yourself these small doses regularly as long as you don't start confusing these fantasies with reality.

#### **Being More Aware Of Regularly Occurring Joys**

Every single time we take care of a bodily need we feel a considerable amount of joy. When we eat a great meal or even when we grab a bite of fast food, we feel quite a bit of joy! Go on a "campaign" for a few weeks: Take the TIME to actually FEEL the recurring joys of everyday life. (Most of us take these moments for granted and rush right past them.)

#### **Zero In On Affection and Attention**

We all love to be noticed and liked or loved by others. Most of us are noticed by others many times every day. Most of us also spend some time each day with people who simply enjoy being with us. These are moments of affection and attention. The key, again, is to TAKE THE TIME TO NOTICE how good these things feel!

### **About The Joy Of Getting "Stuff"**

There is real joy to be had from getting "stuff" (everything from new clothes to a new house).

#### **But don't expect much from this!**

Advertisers tell us that if we had all the stuff we wanted, we would be very, very happy! They are lying!

#### **Getting "stuff" feels good only for a relatively short while.**

The thrill of a new car usually lasts a few days or weeks before it just becomes background.

The excitement about moving into a new house probably lasts a month or two.

And when we get down to the smaller stuff of daily life - like new shoes or a meal at a fancy restaurant, most of these "thrills" last only minutes or hours.

Take the time to enjoy these things, but don't be surprised when you notice that the joy ends abruptly.

### **The Big Joys Of Life Come From Getting Our NEEDS Met Regularly And From Getting Big Doses of ATTENTION AND AFFECTION**

You can "supplement" these big joys with the joy that comes from fantasy and with the joy that comes from getting "stuff."

#### **But nothing will ever compare to the bigger joys that come from taking care of your own needs and absorbing the love and caring of others.**

### **ABOUT "TAKING THE TIME TO FEEL THE JOY"**

We have much MORE joy in our lives now than in the past, BUT we HURRY so much more, too. Overcoming our culture's insistence that we "hurry our lives away" might be the most important thing we can do to actually FEEL more joy in our lives!

### **IT ALL COMES DOWN TO THIS:**

After each bite of food, after each joyful thought, after each "stroke" you get from the people who like you, **after every opportunity for joy in your life, STOP EVERYTHING for a moment and NOTICE that good feeling of joy!**

If you haven't experienced joy in a while, I can help you alleviate the stresses that are blocking the joy you deserve to feel. Wishing you peace and joy during the holidays,

Dan Lippmann

P.S. I want to thank all of you who have recently referred friends and family to me. If your friends would like more information on my services, have them visit my website at [www.wellness-innovations.com](http://www.wellness-innovations.com). Please forward this newsletter to anyone who is experiencing stress.

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Dan Lippmann has more than 25 years of individual and marital counseling experience. After facilitating his own recovery from a chronic pain condition in 1987, Mr. Lippmann began collaborating with experts in the field of mind-body health to develop innovative stress reduction and wellness techniques. He has been cited as a "Master Practitioner" in the book, *Light Years Ahead*, and in July 1999 his work on stress reduction was featured in the *Chicago Tribune*. He has also been interviewed about his work on radio and television. To receive this free monthly email newsletter, visit [www.wellness-innovations.com](http://www.wellness-innovations.com).