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This quarter, the Genesis Gem wants to discuss worrying.

Breaking the Worry Habit

“Don’t worry!” It’s so easy to say it. It *isn’t* easy not to worry. To overcome worry you need to understand why you worry, come to see how useless it is to just worry, and then learn how to turn your worry into action.

Why Do We Worry?

The answer is simple: We are human, and we are designed to worry. It’s not easy to avoid worrying when someone you love is sick or you have some threat hanging over you. It is impossible to go through life without worrying occasionally. The only people who never worry are sociopaths – those who never feel anxiety over anything. . We all worry sometimes because worry is a form of anxiety that helps alert us to danger areas in our lives. It becomes unhealthy when it either persists too long or when it fails to lead us to constructive solutions.

The Uselessness of Persistent Worry

Persistent worry, the sort that becomes a lifestyle, is not only unproductive, but it gets in the way of living a vibrant, fulfilling life. People who worry too much are incapacitated by it. They literally go round in circles and can not find the exit. Furthermore, there is a lot of research that shows that persistent worry is actually bad for your health.

Turning Worry Into Action

Excessive worrying is a habit of the mind, and the habit can be broken. The most constructive way to do this is to sort out what part of your worry is useless and what part should be converted into an emotion called *concern*. Excessive worry that never moves you to take action is unhealthy. On the other hand, being concerned about a problem is healthy because you understand what you can and cannot do to deal with it. Worry is that unproductive mental activity that keeps thoughts revolving endlessly in our minds, creating stress in our bodies. Concern is a kind of mental activity that focusses on a problem with a view to taking some action that resolves it. I can worry about a lump in my body and do nothing about it, or I can turn that worry into concern and go see my doctor.

Four Steps to Convert Worry Into Concern

It is a mistake to think that we should never worry. There are times when worry seems to overpower and even immobilize us, but take heart and try the following steps:

1. Monitor your thinking so as to catch yourself worrying. As soon as you catch yourself worrying, postpone your worrying to a given “worry period” later when you have time for it. Write down the worry so you won’t forget it. This helps your mind “let go” of it until the appointed time.

2. Make a date to worry. Set aside a time for a “worry period” - no more than five minutes (use a timer if necessary). For example, you can do it right after lunch before you go back to work, or before the kids come home from school.
3. Concentrate on worrying. When your appointed “worry time” arrives, pull out your notebook, start a timer, and begin to devote the next five minutes to worrying. Do it in an attitude of meditation and prayer. Force yourself to think about what’s worrying you but with a view to find a solution. Ask yourself, “*What can I do to deal with this worry?*” In this way, you’ll be able to change some of your worry to concern.
4. When your worry time is up, put away your worries and focus *only* on whatever concern is left. Decide on what action you can take and write it in your notebook to remind you. Then go about your business, ignoring any worries that might linger in your mind.

This technique, while not perfect, has helped many cope with their worry. It helps you to confront your worries directly and not try to avoid them. It prevents what is called the “incubation” of worrying, a pattern that reinforces worry.

This article was written by Archibald D. Hart, Ph.D. and produced by the American Association of Christian Counselors.

Trouble with worrying? Contact Genesis Counseling of Fort Myers. We can help. 239-939-5504 or email one of the counselors from the website.

A goal has been met!

One of our 2013 goals was to get our website up and running with new materials and information. We also wanted to put our newsletters online for anyone who may not have received a copy. To get a hard copy of the next newsletter, feel free to call us at 239-939-5504 and leave your mailing address. Or simply be sure to check our website at www.gcformyers.com occasionally for the latest updates.



Why Are We Here?

Genesis Counseling of Fort Myers wants to make a difference in this community by offering counseling to everyone, yes, you read that right – everyone! How can we do that? We are fortunate to have several colleges and universities in the area that are training mental health counselors. In order for them to gain experience, they are given opportunities as interns at Genesis under a clinical supervisor. Genesis brings in interns every semester to help these students learn. We can then pass this opportunity along by offering free counseling!! Need counseling, but don't have insurance or a means to pay for it? Don't hesitate to contact Genesis at (239) 939-5504 to set up an appointment with an intern.

A testimonial...

I'm a grown woman and should know better, but I have held a grudge against my father for many years. No matter how many times my mother had urged me to apologize to my father and make amends, I had stood my ground. He needed to apologize to me! I hadn't done ANYTHING wrong. He was the one who had ruined every holiday and birthday throughout my childhood. I realized that I was getting older and so was my Dad. Maybe Mom was right, but I didn't have a clue how to go about things. A friend who said she benefited

from therapy with a counselor at Genesis urged me to call and make an appointment. Hesitantly and really not expecting that this would go anywhere, I called. A counselor on the phone reassured me that there was hope. To be honest, I cancelled the first two appointments. (Later the counselor told me that I had to be ready to change my attitude and I just wasn't ready so that's why I cancelled.) It was really interesting what happened next. With the help of a counselor doing some role-playing situations with me, I finally called my Dad, set a time to meet him and talk. It was amazing! I not only had the courage but the confidence to speak the truth in love. It changed my life! Thankfully so, too, since my father passed away unexpectedly only months later. I opened my heart and God did the rest.

- relying on the Lord



Want to Improve Who You Are?

There is no stigma attached to seeking out a therapist and spending time discovering your life's purpose through the help of someone who has had experience finding their purpose, their goals, and their passions. Everyone should be searching for their significance.

[Check out the article for this quarter on the previous page](#)



This quarter's feature is all about worrying.

A Recipe For You!

Summer Sea Salad

No cooking, no fuss! It's refreshing! This meal can be prepared ahead of time and enjoyed by all!

Ingredients

- 1 large head of iceberg lettuce, shredded
- 1 package (8 oz) crab sticks, thawed, cut into thirds
- 1 cup sweet onion rings
- ½ cup radishes, sliced
- ½ cup shredded cheddar cheese
- 1 package (10 oz) frozen peas and carrots, thawed
- 1 cup mayonnaise
- 1/3 cup chili sauce

In a 2-quart dish, layer lettuce, crab sticks, onion rings, radishes, cheese, and peas and carrots. Combine mayonnaise and chili sauce. Spread over top of salad to seal. Cover and refrigerate as long as 24 hours. Salad may or may not be tossed before serving. Serves 4 people.