

HELP FOR ANXIOUS PEOPLE

Literacy and Life Skills Workbook 3

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Chapter 1

Understanding Anxiety

Key Objectives

After finishing this chapter you should be able to:

1. Define anxiety
2. Describe when anxiety is normal
3. Give an example of the Assess-Plan-Act Technique

I Can Try

Tyrone and Audrey are brother and sister. Today Audrey is visiting Tyrone at his home. Audrey discusses their mother.

‘Tyrone, don’t you think that Mama looks worried lately? She looks as if she is just fretting all the time.’

‘All old people fret,’ says Tyrone.

‘Lots of older people are quite happy, Tyrone. I’m also concerned about Johnny.’

Johnny is Audrey’s eighteen year old son. ‘He says he does not know what he wants to do with his life. He says that he worries about that all the time.’

‘So what? Young people always worry about things,’ says Tyrone ‘You just seem to think about other people all the time.’

‘He is my son, remember?,’ says Audrey ‘Tyrone, I really feel that we should help them to do something about it. I mean both Mama and Johnny have been anxious for a long time.’

‘Frannie also worries all the time,’ says Tyrone. Frannie is his wife. ‘I don’t pay her any mind at all.’

‘She looks over tired to me,’ says Audrey. ‘Tyrone, sometimes people can be helped.’

‘We can’t just say it is a part of life – especially if people are worrying for a long time.’

‘Some people just like to worry,’ says Tyrone. ‘You can’t help them.’

‘I can try,’ says Audrey. ‘I am going to get Johnny as much information as I can for him about careers, about his options. I am going to ask Mama to talk to her parson, since she won’t talk to us. I don’t just have to sit by and watch them fret. Yes, I can try to help.’

Questions

1. Is Audrey’s concerns about her relatives justified, or is she too anxious herself?
2. Give reasons why you think that Tyrone’s attitude is helpful or unhelpful.

Information Section

What is anxiety?

Anxiety is a feeling of fear, dread or uneasiness.

Is Worry and Anxiety the Same Thing?

The words basically mean the same thing.

A certain amount of anxiety is normal

Yes, some anxiety is normal. For example, most of us will become anxious when we:

- Have exams or tests
- Have to meet deadlines
- Are being interviewed for a job
- Waiting for a baby to be born
- Waiting to hear how a loved one fared after an operation
- Are in a traffic accident
- Hear bad news
- Lose a job

We are all born with a tendency to be anxious and it would not suit any of us to remove all of our anxiety.

So, yes, anxiety can even be good for you. There is such a thing as 'healthy anxiety', which helps us to be alert of dangerous situations and cope with them in an efficient manner. Healthy Anxiety will help you to avoid dangerous situations. For example, wouldn't you be anxious walking on the road alone at 2.00 a.m in the middle of the city? Well, your 'healthy anxiety' wouldn't allow you to do that.

So if we did not have any ability to be anxious at all, we would be in real danger.

Anxiety can also alert you to things that are going wrong. For example, you notice that your child keeps getting poor grades. This anxiety can be good if you take action and get help for the child.

When you have a lot of things to do, anxiety can also give you the energy to get things done.

Some Anxious People Suffer From:

Some anxious people suffer from conditions which this book does not address, and would need to have such conditions treated by a clinical psychologist or psychiatrist. Remember, there is no shame in having any of these conditions. They include, but are not limited to, phobias, panic attacks, post-traumatic stress disorder, Generalized Anxiety Disorder, obsessive-compulsive disorder, and depression. A very brief description of each is given below:

Phobias

When you have a phobia, you feel great fear over an object or situation which is not in fact dangerous. For example, some people are very afraid of drummer cockroaches, heights, or being in a small room alone. There are over one hundred different types of phobias.

Panic Attacks

Panic Attacks are short periods of great anxiety that occur without warning. The symptoms include increased heart rate, shortness of breath, choking and sweating.

Post-Traumatic Stress Disorder

When a person has post-traumatic stress disorder, he relives something very stressful that happened to him in the past. For example, if he had witnessed a bad car accident, he may

relive the experience over and over again. He may also have nightmares or feel emotionally numb to people and events.

Generalized Anxiety Disorder (GAD)

This is persistent anxiety that lasts at least a month (some specialists say at least six months). When a person has GAD she may feel that there is no way out of the vicious cycle of anxiety. She then becomes very sad or depressed about life. Some of the symptoms of GAD include, but are not limited to, twitching and trembling.

Obsessive-Compulsive Disorder

A person with obsessive-compulsive disorder has thoughts that he cannot control. Obsessions are thoughts, images or impulses that occur over and over again, despite the fact that the person does not want to have these ideas. Compulsions are acts that the person performs over and over again, such as washing hands over and over again or driving around the same bend again and again.

Depression

Depression is often described as having deep feelings of sadness. Depression may or may not last for a long time.

very good news is that everyone can learn to reduce their anxiety levels.

What You Can Do To Reduce Anxiety

Here are some important tips:

- Take time to learn about healthy lifestyles
- You will be healthier and calmer if you get at least 7 hours sleep at night.
- Stretch and get a little mild exercise.
- Do breathing and relaxation exercises every day.
- Think positively though realistically. Remind yourself of your talents and abilities.
- You may also need to reflect on the ways you try to resolve your problems. Get counseling or advice from knowledgeable and experienced persons for the problems that you may have, such as problems with your spouse, with your children, or at work.

Are Some of Us Born Worriers?

Some people seem to have more of a genetic predisposition to worry than others. That means that the tendency to worry a great deal may be biological and may have been passed down by one or both parents. A lot more research needs to be done in this area. The

Questions

1. How do you know when you're anxious?
2. Does anyone tell you that you're behaving differently?
3. Does the anxiety go away after a time? If so, what helps it to go away?

Good News!

Since you create much of your unhealthy anxiety, you have the ability to decrease your unhealthy anxiety.

Life Skills Activity

What do you think are the signs of being anxious? Remember that different people may show different signs of being anxious.

Remember, There's No Shame in Being Anxious.

LIFE SKILLS CORNER – Signs of Anxiety

Signs of anxiety include, but are not limited to, the following:

Don't know what you want to do	Feeling badly about yourself
Having thoughts of killing yourself	Always thinking of bad things
Not having faith in yourself	Finding it difficult to sleep at night
Very tired of looking after other people	Finding change very hard
Feeling a lot of guilt	Feeling a lot of shame
Eating too much	Eating too little
Sweating too much	Dry mouth
Your heart or pulse beats faster	Your muscles are tense
You feel dizzy	Your chest or stomach feels tight
You may vomit or have diarrhea	You have to urinate often
Your limbs feel like jelly	You don't feel like having sex at all

If your symptoms last for more than a week, it will be important for you to go to a doctor, who may refer you to a therapist. It's not healthy to simply keep suffering. If you have thoughts of suicide, tell someone *immediately*. Somebody *is* out there who really cares for you, and who can help you. Thousands of people who have considered taking their lives have been helped, and have found ways in which to manage their problems (which at the time seemed so very difficult).

Relaxation Exercises

In this book you will be given a series of relaxation exercises, which you may do at home. Why are we talking so much about relaxation techniques? This is because stress affects the body. Of course some stress can be useful to keep us alert and vigilant but too much stress has a negative effect on the body. Why? Stress quickens the pulse rate and breathing, and tenses muscles, among other things: that's pretty hard on the body if it is happening for long periods of time. Too much stress can

deplete your energy and lead to emotional burnout. Too much stress can eventually lead to serious illnesses.

All relaxation exercises are optional. If you are not comfortable with an exercise, do not do it.

But What if I Can't Relax?

Many people say they can't relax, that they have never been able to relax. Actually you can, but be patient with yourself. Think of yourself lovingly. Then relax.



Relaxation Exercise 1

Clear your mind of all thoughts. This won't be easy at first, but it will get easier with practice.

Inhale deeply and slowly as if you are smelling something really delightful.

Start by tightening and then releasing each part of your body from your toes to your shoulders. Focus on each body part and squeeze for a count of four before relaxing it. Do this with the toes, feet, legs, lower back, arms, chest and shoulders. Take your time.

You will now feel calmer.

Relaxation Exercise 2

This following exercise has been adapted from Miller, Emmett E. (1997) Deep Healing Carlsbad, California: Hay House

Please make sure that you will not be disturbed when doing this exercise.

Sit comfortably. Be aware that there is nothing that you have to do right now, and there is no problem that you have to solve right now. Take a deep breath and exhale. Repeat the words 'I am peace' to yourself several times.

Don't try to relax ...just realize there's nothing you have to do except give yourself permission to relax ...to just let go.

Allow your body to feel like part of the earth...like a mountain...still, utterly and totally still...and quiet

As you let yourself sink even deeper into the surface beneath you, effortlessly let your eyes roll gently upward behind your closed eyelids. Imagine that you can now see the world, or perhaps just sense the words. 'I am Peace' written there on the back of your forehead.

And as you see or sense the words, 'I am Peace', perhaps you can feel a gentle fluttering of your eyelids...a fluttering that is a sign that your eyelids are becoming more relaxed...and feel the warm, moist feeling behind your eyelids...and let the relaxation flow gently into your body.

No matter how relaxed you become, you'll notice that you can always become more relaxed. You can imagine yourself walking through a beautiful garden with gorgeous coconut trees and flowers of all kinds. The smell of the garden is delicious.

You can feel your relaxation growing greater and greater....

Just a feeling of letting go....

Becoming more and more comfortable....

Allowing all excess physical tension to leave....

Relaxation Exercise 2 continued

Letting all unnecessary thoughts leave at this level....

In a very safe, peaceful, comfortable place with the angels protecting you...

Feeling completely peaceful....

Imagine you're standing beneath a gentle waterfall, a crystal-clear, warm, liquid, gentle, smooth, soothing, relaxing waterfall cleaning the whole of your body from the top of your head right down to your toes.

Any time any unnecessary thoughts or questions enter your mind, just imagine that unnecessary thoughts are like words written in the sand...and with your next breath out, as the air leaves, imagine a wave sweeping across the sand and washing those words away....smoothing the sand...and leaving little bubbles glistening and whispering in the sun.

Then go back and travel to some place in the present, past or future...to an island or a distant shore, a private place you can relax. And enjoy yourself in this peaceful place. You can stay there as long as you like and all the time that you are here you will be growing more and more peaceful..

Pause.

Gradually now, let yourself gently become more and more awake...coming back slowly...

As though you've been asleep for awhile, and fully rested, you are waking up...

Coming up alert, refreshed and totally comfortable....

Yet bringing with you some of the peaceful relaxation you've discovered within...relaxation that you will be able to keep with you during the day....

Coming all the way up, feeling wide awake, refreshed, relaxed and clear.

Persons Suffering from Anxiety Must Watch What They Eat

Many persons suffering from anxiety suffer from poor nutrition. By this I do not mean that they are thin – I mean they don't eat the right foods! Too many people under stress eat foods that have little or no nutrition. Some tend to drink alcohol which depletes their bodies of vital nutrients.

If your body is not properly nourished, you will feel even more anxious!

Eat simple, calming, comfort foods during the day such as brown rice, creamy yoghurt, and oatmeal.

Avoid caffeine, sugar, artificially flavoured drinks, refined foods, fast foods, preserved foods (especially preserved meats), salty foods and alcohol.

Eat complex carbohydrates. Replace brown rice for white rice to get the extra nourishment and eat whole grains instead of white bread. This will give you the extra nourishment to strengthen your body.

Be very careful about eating foods to which you may be allergic. For example, many people are allergic to dairy products, wheat products and soya without even being aware of it.

Foods rich in calcium for stress control, for example, sesame seeds, almonds, and dark, leafy vegetables.

Foods rich in magnesium to protect the nerves, for example, Irish Moss, whole grains, and most nuts.

Foods rich in B vitamins to support the nerves, for example, chicken, whole grains and brans, eggs, nuts, beans

Foods rich in Vitamin C to control stress for

example, oranges, bananas, cherries and passion fruit.

Foods rich in many vitamins and minerals to strengthen the body such for example, okra, carrots, broccoli, all fruits and vegetables

Foods rich in protein for example chicken, fish, nuts and beans. Do not overdo your intake of red meat and choose very lean cuts only.

Points For Class Discussion

Attack your worry – don't let it attack you

- Talk to yourself as if you really liked yourself. Give yourself reassurance and support. Tell yourself that you love you, and that you appreciate yourself. Many anxious people speak to themselves as an enemy would speak to them. Think – what would a kind, loving friend say to me now?
- Now and then congratulate yourself for doing good and useful things. Many anxious people think constantly about the bad, and do not think sufficiently about the good.
- You may need to readjust your attitude about anxiety itself. If you tell yourself 'I can't stand my anxiety', you'll be really miserable: first about you not getting what you think you absolutely must get and second about your misery itself. Anxiety is uncomfortable, not a horror – unless you think it is.
- Throughout the day you may be constantly worrying about problems like money, health, your personal and work

relationships. If you are only thinking about problems, you will become very anxious and probably also exhausted mentally and physically. It's important to learn how to shut off the constant negative self-talk or worry and quiet your mind.

- If you find that you have a constant worry, eject it deliberately, sometimes with great force. Get up out of the chair, walk, call someone. Do not let worry attack you. The longer you let worry attack you, the harder it is to let it go.
- Remember that when you're very anxious, you're probably not thinking straight. The very anxious person sometimes reads other people's words and actions wrongly. A reminder is a criticism. Someone not greeting you means that he does not like you. Someone smiling is trying to get one over you.
- Exercise has already been mentioned as being helpful to combat worry. However, do not overdo the exercise. If you are not feeling well, your doctor may instruct you to do mild exercise only. Working out for several hours every day may put your body under additional stress. Any extreme is bad for you.
- Sometimes you really do have a right to worry. Your mind may be telling you that you are in a dangerous situation and that you should do something about it. Talk to someone who can help you.
- Cry. Many adults cannot or will not cry because they feel ashamed to do so. Find a private place to cry if you are ashamed of crying – do it while the shower is on, for example. Sometimes worry is pent-up sadness. You really need to let it go through crying. You will very likely feel better.
- Take a 'news fast' from time to time, which means that you only keep yourself abreast of very important news headlines, but avoid listening to all of the news all of the time. Many anxious people listen to one news programme and talk show after another. After listening to these programmes, they become even more anxious.
- Talk out your problems, air them out, but exercise wisdom about who you tell your problems to (see also Chapter 5). It's great to express your thoughts in a journal, or record them on a tape. Keep these journals and tapes in a secure place.
- Count your blessings. You may wish to write them down and reflect on them.
- Don't let bad feelings interfere with your taking courses and developing yourself. You can get skills and certificates even when you are worried, and working on them will help you not to think about your problems all of the time.
- Avoiding is not always the answer. It's true that sometimes life gives us one problem after another. Avoiding problems won't make them disappear, and usually makes the problem worse.

Use the ASSESS- PLAN- ACT (APA) technique. This technique will help you with problem solving or what we call 'problem improvement'. 'Problem improvement' means that the problem is not completely solved, but is made more bearable. Here's an example of the APA technique:

ASSESS: Why am I getting this headache? I seem to be getting it all the time. Is this normal?

PLAN: I notice that every time I eat cheese or

chocolate I get a headache. But it also happens at other times. Maybe I should go to a doctor. But I've been taking a lot of sick leave lately. I wonder if my supervisor will let me have a day off? Well, maybe I'll ask for half a day off and fully explain the problem to her so that she won't think that I've just decided to stay home and sleep. I think she will let me get off half a day, but if she doesn't I'll have to find a doctor that works on Saturday.

ACT: Speak to your supervisor at a good time. Not when she's looking distressed or agitated. Ask if she can see you privately for ten minutes.

Here's another example of the APA technique:

ASSESS: Why is Johnny doing so poorly in school? What could it be – is he eating too much sugar and that is why he can't settle down? Are the other children bullying him at school? Does he like the teacher? Is he watching too much television and so not able to do his homework? I notice that whenever he watches a violent show he wants to kick his little brother. The thing is he was doing well, so something must have happened for him to stop doing well now.

PLAN: Maybe I can take many approaches.

I can buy a cereal that does not have so much sugar in it. I can sit down with him and talk to him. I will love him and hug him and tell him that I will not be angry at anything that he tells me, and that I will help him. Maybe he would like to draw me a picture to show me what is on his mind. I could also talk to his teacher. Maybe he needs extra lessons. I can also see that he watches shows on television that do not disturb him – in fact, let me have a family meeting to discuss the shows that the children can and cannot watch.

ACT: Give Little Johnny oatmeal and cornmeal and those cereals that are not sweet but which have a lot of vitamins and minerals. Let me speak to Johnny privately about his problems. I will also speak to his teacher about what she thinks about what is happening to Johnny. At the same time I will call a family meeting to discuss with the children the shows that they can and should not watch. I will be very strict about that.

Think of more examples and share them with your class

Remember that nothing lasts forever, not even worry

Your Evaluation Page

1. Define anxiety
2. Describe when anxiety is normal
3. Give an example of the Assess-Plan-Act Technique

Chapter 2

Anxiety in Men and Women

Key Objectives

After finishing this chapter you should be able to:

1. Discuss why women are usually more anxious than men
2. Discuss two ways that men may hide their anxiety
3. Describe a dangerous sexual myth in some Caribbean countries
4. Discuss at least three ways to enjoy a better relationship with a partner or friend.

When I'm Really Sick I'll See a Doctor

Earl and Millie are husband and wife. They are speaking to each other at breakfast.

Earl accidentally drops a cup and it breaks.

Earl says 'Millie, why you put that cup so near the edge of the table, man? No wonder I broke it!'

Millie says 'Earl, I notice you're dropping a lot of things lately. You've dropped three glasses and one plate in about ten days.'

'Don't go on about that, Millie,' says Earl. 'Everybody breaks things sometimes.'

'I also notice, Earl, that you are tossing and turning at night,' says Millie 'What is happening?'

'I must have eaten something that hurt my belly.'

'Your belly has been hurting you for a long time,' says Millie 'Maybe it's time for you to see a doctor.'

'When I'm really sick I'll see a doctor,' says Earl 'Anyway, can't you see I'm losing some weight? You always say I should get this big belly off me.'

'I don't want you to lose weight that way,' says Millie 'I think that you are worried about something. But I cannot help you unless you admit it. There is no shame in being worried.'

Questions

1. What do you think is happening here?
2. What would you do now if you were Earl?
3. What would you do now if you were Millie?

Information Section

Anxiety in Women

Women are usually more anxious than men. Sometimes the anxiety is caused by changes in a woman's body. During the week before a woman has her menstrual period, she may become anxious. This is called Pre-menstrual Syndrome or PMS. Women may also become anxious when they are pregnant, or going through menopause.

Many women have other worries. These worries include having responsibilities at work, being a single parent, and caring for their aging parents.

Women may also be very anxious if they have a violent partner at home. Women are aware that they are physically weaker than men, so they may be afraid of being physically abused.

Women tend to focus more on relationships with others as a source of happiness and self esteem than do men. So women tend to suffer more if they separate from their men. They tend to suffer more if they have troubles with their children or their friends. Women are also more likely to blame themselves than men, even for events over which they have no control.

Anxiety in Men

Men are usually less anxious than women, or seem to be less anxious. Men are less likely than women to admit that they are anxious. In the United States, the rate of suicide in men is four times that of women, though more women attempt it.

Men can become very anxious about their health as they grow older. Men suffer a higher death rate from heart problems than women. Some men try to hide their anxiety by drinking

alcohol or taking drugs. Sometimes they are not happy at home, and will work long hours to get away from home. Still, we must remember that some men work long hours and still love their home.

When men are anxious they are usually irritable or angry. Even if a man realizes that he is very anxious or depressed, he may be less willing than a woman to seek help.

The good news is that the anxious man will often get help when his family encourages him to do so.

The Anxiety of Sexual Difficulties

Men and women may also become anxious because of sexual difficulties.

Human sexuality is concerned with the sex organs, their functions and the sex impulses. Sexuality is a part of a person's biology. Most adults, especially younger adults, think about sex a lot of the time. The need for sex varies greatly from person to person.

Some sexual difficulties occur because people are ill, but most sexual difficulties are psychological. These problems can happen because of mistaken attitudes. For example, both men and women may think that all sex must involve rapid erection, or that the man and woman should have an orgasm at the same time. Women may believe that they must get quickly aroused by their partner. Men may believe that they must get stiff erections immediately and that they should have sex with the woman for a long time.

Many people also think that other people are having much better sex than they are having. This attitude can cause them to become very anxious.

Life Skills Activity

Divide yourselves into small groups of three or four. Decide which of the following are true (T) or false (F). You should be concerned if:

1. Something is wrong if you do not have sex before the age of eighteen (T/F)
2. You do not have a thrilling sexual experience every single time you have sex (T/F)
3. You do not have an erection at least three times in one night (T/F)
4. You are impotent (have a loss of nature) for over a fortnight (T/F)
5. You have pain during intercourse (T/F)
6. You are fearful of sex (T/F)

Now after you have done that, discuss other sexual problems that people are concerned about. Discuss how to resolve these problems. Then share your thoughts and ideas with the whole class.

LIFE SKILLS CORNER

The answers are the following:

1. F. It may suit you to wait until you are a little older to have sex. Sometimes we forget that sexual relationships are adult responsibilities. You have only one young life and it should be free of the stresses of those kinds of responsibilities. You will have decades of relationships before you! Also, there will be no chance of pregnancy at an early age, and you will have a young life free of the responsibilities for child care.

If you are an adult, you are the one who should determine when it is right for you to have sex. It is your body.

2. F. Sometimes you or your partner might be tired. Your minds may be on other things, such as work, or the children.

3. F. Many men just have one erection per night. Do not always believe men who boast that they have many erections every night.

4. T. However, if you have an illness, or are taking medications, this loss of 'nature' may be normal.

5. T. Pain during intercourse is not normal, unless a woman is having sex for the first time. Talk to your doctor about the pain.

6. T. People are fearful about sex for many reasons. Women who have been raped are often fearful of sex. You need to talk to a counselor about your fears, but don't expect to get over your fears quickly. Healing takes time.

A Very Dangerous Sexual Myth in some Caribbean Countries!

Men, you will *not* get rid of a venereal disease by having sex with young girls! Remember that children should *not* have sex. Childhood is a time for growth and development. Sex is an *adult* responsibility!

The Treatment for Sexual Problems

Counselors prefer to treat couples, not the man or the woman alone. This is because counselors no longer believe that only one of the couple is 'sick' or needs to have treatment.

It is important to know that not all cases have a common cause. A man might become impotent because he is just too tired, or because he has a problem with his partner. He should visit his doctor to talk about the problem. If the cause for impotence is physical, the doctor will be able to help him by looking at his habits. For example, men who drink a lot of alcohol or who take drugs may have difficulty getting an erection.

Remember, there is absolutely no shame in being impotent. It happens to almost all men at some point in their lives.

Women will also need help to understand their body. During PMS (Pre-Menstrual Syndrome), for example, some women will simply not be interested in sex.

Some medication that men and women take for diabetes, heart disease and other illnesses, may also interfere with the sex drive. Ask your doctor about the side effects of the medication that you are taking.

Role Play Exercise

Your eighteen year old brother comes to you with a problem. He says that his friends are pressuring him to have sex. They are also telling him that unprotected sex is the best way to go. What advice do you give to this young man?

Suggestions: Discuss peer pressure with him. Discuss when peer pressure can be wrong. Let him know that many persons have not succumbed to peer pressure, that they were able to think for themselves. Teach him how to respond to his peers. Discuss sexually transmitted diseases to him, and the challenges with getting a girl pregnant at his young age.

Hurt Feelings – A True Story

Selvin was married for about fifteen years. He had several extra-marital relationships. His wife knew about some of them. One day he came home to find his wife in bed with another man. Within a year, he and his wife were divorced. The wife eventually married the man she was caught with, and both migrated.*

Selvin was still very angry even after about eight years. He argued that he never brought anybody he was sleeping with into the home. Also that even though a man 'strays' a woman should understand because it is his nature. It should not be her nature. He says he would never trust any other woman after that.

It always seemed to me that whenever Selvin saw a lady he liked he would also see his wife in bed with another man.

What can we learn from this story? The wife might have been very hurt over a period of years because of her husband's extra-marital relationships. Perhaps Selvin did not fully realize just how angry she might have been. On the other hand, any normal man would feel very hurt finding his wife in bed with another man.

Perhaps it's no use debating who is more to blame – Selvin or his wife. We can learn from this story that when trust breaks down, a relationship can go haywire. Bottled up anger can ruin any relationship.

**name changed*

Eight Ways to Enjoy a Better Relationship with Your Partner or Friend.

1. **Choose a partner who respects you.** Don't choose anyone who puts you down.
2. **Build up your partner.** Respect your partner and give encouragement. It's so easy to only notice bad behaviour. Notice the good about your partner. This will help to make your partner's behaviour more positive.
3. **Take mutual responsibility for keeping the relationship strong.** Your work is only beginning after you've found true love. Don't always blame the other partner for problems in the relationship. If both of you take responsibility for keeping the relationship strong, both of you will feel empowered, and the relationship will likely improve.
4. **Never take the relationship for granted.** Sometimes relationships break up after forty years because of poor communication! Relationships suffer when they are not put on your priority list. Make time for your partner.
When partners spend more time together, they often discover how much they like each other.

5. **Communicate clearly.** Many – even most – fights occur because of poor communication. Good communication includes letting your partner know how you feel. If you pretend to be someone you're not, you'll never feel loved. But do it in a gentle way. If you're in doubt about anything, ask. Also listen carefully to what your partner has to say.
6. **Learn from your mistakes.** So many couples never learn from their mistakes and so history is always repeating itself. If you learn from your mistakes, you'll avoid making the same mistakes over and over again. Also, you should admit when you've made a mistake.
7. **Deal with Problems.** If you do not discuss problems, they have a way of getting worse. However, be careful about bringing up past hurts. This is no way to heal a relationship.
8. **Use change as an opportunity to grow.** Change is stressful, but it is also an opportunity to put an extra spark in your relationship.

Chapter 2 Relaxation Exercise 1

Do this exercise by yourself or with your partner.

Stand, or lie down in a comfortable position

Breathe easily and slowly

Imagine that you are inhaling the colour yellow. As you think of yellow, imagine that a beautiful golden colour is filling your mind.

Imagine that you are inhaling the colour green. As you think of green, see yourself as lush as nature.

Imagine that you are inhaling the colour blue. As you think of blue, think of yourself as clean and fresh as the lovely blue sky.

Imagine that you are inhaling the colour red. As you think of red, think of yourself as strong and vibrant as the colour red.

Exhale the colour. See the colour healing you.



A variation of this exercise:

Inhale while saying words like 'peace, love, calm, strength'. You may choose or not choose to use the colours as described in the exercise above. Draw out the pronunciation of these words so that it lasts for the entire breath. For example 'l-o-o-o-o-o-o-v-v-e'

Chapter 2 Relaxation Exercise 2

This exercise is adapted from Stewart, William (1998) *Controlling Anxiety* London: How to Books Ltd

A simple technique is to concentrate on one part of the body, for example, one of your fingers. Keep the concentration fixed on it, and mentally keep telling it to relax. After a time, you will discover that not only is the finger relaxed, but the whole arm, and gradually a feeling of heaviness will happen all over your body. This sort of relaxation can be done anywhere.

Play Therapy

Yes, adults can and should play. Adults can have great fun! Play is not only for children. Sometimes we take things too seriously. I remember hearing about a lady who was suspended from her bridge club because it looked as if she was having too much fun. Play includes clowning around, playing games, dancing sometimes just for the pure fun of it (not to show others how sexy you are when you dance), doing magic tricks for your friends – whatever.

When was the last time you played with your partner? Romped with the kids? Or just having fun all by yourself? A friend of mine told me that when he was seventeen he would never forget seeing his mother run on the beach with her arms high as if she was absolutely thrilled. She was in a great mood for a whole month after that, he said.

Remember to have fun sometimes.

Evaluation Page - Chapter 2

1. Discuss why women are usually more anxious than men.
2. Discuss two ways that men may hide their anxiety.
3. Describe a dangerous sexual myth in some Caribbean countries.
4. Discuss at least three ways to enjoy a better relationship with a partner or friend.

Chapter 3

Guilt and Remorse

Key Objectives

After finishing this chapter you should be able to:

1. Describe the difference between guilt and remorse
2. List at least four questions that you should ask yourself if you are feeling guilty
3. Discuss what you may be able to learn if you are feeling remorseful

Why Did It Have To Turn Out This Way?

Mabel speaks

I am forty nine years old. I have three children, two children from my body and one, Carole, who was my husband's child. Carole came to live with us when she was twelve. I treated Carole badly, and always gave my children the most love and the better things. I have a lot of regrets over my behaviour, and I will tell you why. Sometimes life is a strange thing. Carole is much more responsible than my own children. I feel really guilty about the way I treated her. I am also angry about the way my own children turned out. They – especially the older girl, Joanne – don't seem to have any ambition in life. Joanne gets up in the morning when she feels like it and has never even tried to work. Even though she is thirty, she still expects me to support her and her two children. I realize that I have spoilt her. What will happen to her if I ever get sick?

What do I do now? I can't face Carole, and she does not seem to want anything to do with me. I tell you, when I look back on my life, I just see all the mistakes that I've made.

Questions

1. What are Mabel's problems? What do you think Mabel should do now –with both her step daughter and her daughter? Role play these situations.
2. How could Mabel help society by sharing her experiences with others? If she chooses not to do that, what other positive things could she do?

Information Section

What is Guilt?

Guilt is a common emotion which brings about unhappiness or depression. When you feel guilty, you might think like this:

I did something I should never have done
 I did not do something that I should have done
 I feel that I am a bad person
 I deserve to suffer

When you feel that you are a bad person, you will feel guilty. Guilt is self-blame.

Of course there are people who do great harm to other people and do not feel badly in any way. Happily, there are few such people in the world.

What is Remorse?

When you are remorseful, you feel that you willfully acted in a hurtful manner towards someone. Remorse is a bad feeling and an effective teacher. As children, most of us felt badly when we misbehaved. We wanted to avoid that bad feeling so most of us learned to follow the rules set out for us. This is one of the ways our behaviour was shaped. In this way, remorse played a part in learning right from wrong.

So what is really the difference between Remorse and Guilt?

Guilt makes you feel bad, but you don't usually do anything to correct the 'bad' situation. Sometimes you just keep on repeating the harmful behaviour.

Many people who are guilty have self-destructive

attitudes. For example, they may become alcoholic or take drugs to ease the pain. That doesn't work. In fact, you start to feel more emotional pain because on top of everything else, you now know that you are an alcoholic or an addict.

Remorse on the other hand is regret that is aimed at the behaviour that was done. Remorse can be very good. Remorse can direct you to take steps to change that hurtful behaviour. Remorse is the emotion of the responsible adult.

Some persons feel guilt easily

Some persons who feel guilty easily are no worse than the average person. Sometimes they are very good people. If you feel guilty easily, you give yourself a lot of 'should' statements, such as thinking that you 'should' have known better. This is unrealistic, unless you are all-perfect, all-knowing, and all-powerful, which you aren't.

You may feel guilty because of something you've done wrong, although this does not necessarily mean you have committed a crime.

You may also feel guilty after you have experienced or witnessed something unpleasant. This may occur even if you helped more than others. You may feel that you could have done more to help.

There are other kinds of guilt that is not necessary. For example, many of us grew up with our parents telling us that we had to finish all of the food on our dinner plate. Our parents played on our childish guilt by reminding us of all the starving children who didn't have dinner. So we ate what we didn't like and we ate

when we were no longer hungry.

So we learned to eat so that we wouldn't feel guilty. As a result, many adults are in the habit of eating every bite of food on their dinner plate, whether or not they are still hungry. This may even lead to serious overweight, or eating foods that are not that healthy (for example sweet artificial drinks and other junk food).

Questions to Consider if You Are Feeling Guilty

Do other people consider this to be as serious as I do? Do some people consider it less serious? Why?

How serious would I consider the experience if my best friend was responsible instead of me?

How serious would I consider this to be if someone had done this to me?

Did I know ahead of time the meaning of my actions?

Can the damage be corrected? How long will this take?

How much of this was caused by me, and how much by other people? (However, do not use this last question as an excuse for cruelties. In other words, saying that you kicked someone because your father kicked you is not taking responsibility for your own actions as an adult)

Forgiving Yourself

Being a good person does not mean that you will never do any bad things. Part of being human is making mistakes. We should learn to change our thoughts from 'I made this mistake and I am an awful person' to 'I made this mistake, and I will see if there is anything I can do to correct it.' Forgiving yourself means know-

ing that you are imperfect. On the other hand, there are people who go around saying "yes, I did it, so what? None of us is perfect," and use this as a reason to do things that harm others.

Making Amends

If you have injured another person, it is important to make amends for your actions. This involves recognizing that you did something wrong and being brave enough to face the person you have hurt. You should ask for forgiveness and ask what you can do to repair the hurt that you have caused. If you are not able to make amends to the person, do something positive for others. For example, you could make regular visits to an elderly person's home, join an organization which will help other people or just give extra love, care and attention to your own extended family and friends.

Forgiving Others Who Feel No Remorse

Well, it's usually easier to forgive people who are genuinely sorry for any harm that they have done. It's harder to forgive others who have willfully harmed you or a family member or friend, and feel no remorse. Of course forgiving others is a very healthy thing to do. As you may have heard, you are not forgiving them for their sake, but for your own sake. You need to release all those emotions of resentment and hate.

However, this is not something that can be rushed. Forgiving can be a struggle. It is unhealthy to keep pent up feelings of rage inside yourself. Also watch your behaviour. Sometimes we take out this kind of anger on ourselves, our families and others. We drink, take drugs and become depressed.

Unfortunately, there are adults who are unable

to forgive because of relatively small incidents. I have seen two adults of 'middle-income' status, who had previously got along quite well, quarrel over who had really won a blender in a competition. A year later, one of the contestants was still expressing her bitter dislike for the other contestant over the blender.

Luckily, we all have many powerful examples of forgiveness before us for far more serious matters. Human beings have been able to forgive others for virtually anything done to them. Remember Nelson Mandela? He was incarcerated for twenty seven years and still sought to make peace between the races in South

Africa. I once knew a dear lady of blessed memory whose family was killed by the Nazi regime in World War 11, and she was a kind and caring person. She said that she could not afford to be bitter.

And here's another good thing. You can release those feelings of anger by helping others, or by improving yourself. Haven't you ever heard of all those stories of people telling children that 'they would grow up to be nothing?' How some of those children took that anger they felt and went all out to succeed? The really good news is that you change your attitude at twenty, forty or even seventy-five. Yes, you

It is cleansing to be able to forgive, to rid your soul of that bitterness that is an inevitable ingredient of plotting revenge against the person who has hurt you. If we fantasize about getting even and never act on it, which is what most of us do, we end up embittering ourselves and not affecting the other person at all. I remember telling a divorcée who was still angry at her ex-husband for having left her ten years earlier. "Look at what you've been doing all these years. You've been standing here in Massachusetts holding a hot coal in your hand, waiting for your ex-husband to walk by so you can throw it at him. Meanwhile, he has been living happily in New Jersey with his new family, and you've burned your hand waiting." And when we act on our vengeful schemes, we too often feel that we have diminished ourselves, that we have lowered ourselves to the level of our adversary. We think less of ourselves, and we fear that others will think less of us....Life is too precious to be wasted on hatred....

From Kushner, Harold S. (2001) *Living a Life that Matters* New York: Anchor, pp 67-68

Victor Frankl was incarcerated in a Nazi Concentration camp where he endured and observed many brutalities from Officers who felt no remorse. He wrote the very powerful book 'Man's Search for Meaning' Mass Market Paperbacks; 1994. He states:

“We who lived in the concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing. The last of his freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way.”

can be active at seventy five if you have good health. If you are sedentary, you may still have the energy to give counsel to younger people. You can let younger people learn by any mistakes that you may have made. Never think it is too late to turn your life around.

Understanding Shame

Guilt and shame are very close emotions. We tend to feel guilty when we have not lived up to the goals or values that we have set for ourselves. If we believe that we 'should' have behaved differently, we will feel guilty. When

we are ashamed we worry about how others feel about us, knowing that we have done a bad thing. Shame can involve family secrets involving other family members as well as around issues like alcoholism, abuse, and so forth.

Let's say that a man was caught stealing. He might feel deep shame or worry about how his being caught would affect his family.

If you feel shame, it is best that you tell the truth to your family. If your family members are going to be able to stand by you and help you, they need to know the entire story. And they

Life Skills Activity

Share with your class the times that you felt guilty or remorseful. For the class exercise, do not to share anything that is deeply personal: it can be something quite minor.

LIFE SKILLS CORNER Learning From Remorse

Make amends when you can.

Learn from your mistakes

You can avoid making many mistakes if you learn from the mistakes of others. It's no fun making mistake after mistake! Talk to older people, get information and read.

Identify what your 'guilt' or 'remorse' buttons are and which people keep pushing them

Drive away old memories, but remember that they are often triggered by current events

Try to avoid doing things that your conscience warns you not to do.

need to know what you are facing. Family and friends will probably respect you for coming clean, no matter what you've done. Don't give excuses. Don't blame someone else for your problems. Don't try to make your family feel guilty because they spent the money you made. Don't blame your closest friends because they didn't notice how much stress you were under.

If you find that you cannot speak with your family, you may need to get help. (See Chapter 5).



Understanding Some Things About Yourself

The way you were raised has a lot to do with who you are today. It also has a lot to do with whether you feel guilty, or remorseful. Here are some questions that you might like to think about when you have a little private time. This is not a class exercise, but the teacher will read the questions to you in class to make sure that you understand them.

Where were you born? What messages did you receive about your family's origins?

Which religion (if any) were you raised to follow? Were you raised to believe that your religion was the only true one? What were the main messages you remember receiving from your religion about yourself and your life in general?

Was your family or anyone in your family the object of prejudice or scorn?

How would you describe your immediate family? (parents, brothers and sisters, spouse, and children)

How much money did your family have? How did this affect your life?

How did your family resolve conflicts among themselves?

Adapted from Engel, Beverley (1997) *Blessings from the Fall*
Florida: Health Communications Inc.

Class Exercise

A friend has come to you saying that she cheated on her husband several years ago. Role play the wrong and the right way to talk to your friend about her problem. (And if you feel that you are not able to advise her, please also tell her that. It is better to say that than to give the wrong advice).

Tips: Would you like for her to explore the pros and cons of telling her husband? Should she make the decision whether to tell the husband or should you? Whose life will be affected by the decision – hers or yours?



Chapter 3 Relaxation Exercise 1

Do this breathing exercise:

1. Sit with your back straight. Place the tip of your tongue behind your front teeth, and keep it there throughout the exercise.
2. Exhale (breath out) completely through your mouth, making a whoosh sound.
3. Close your mouth and inhale quietly through your nose to a silent count of four.
4. Hold your breath for a count of seven.
5. Exhale completely through your mouth, again making a whoosh sound to a count of eight.

This is one breath. Now inhale again and repeat three more times.

Adapted from Weil, Andrew (1998) *Ask Dr. Weil* New York: Ballantine

Getting Rid of Some Anxieties

You are going to shrink your anxiety about fear of animals like ordinary lizards that cannot harm you or shrink your anxiety about making a speech in front of many people. Do not do this exercise if you are uncomfortable with it.

Sit or lie in a comfortable position.

Visualize the lizard.

Now slowly begin to shrink the lizard in your mind. Continue to see the lizard shrinking until it is so small that it could be held in a thimble.

If the lizard also makes a sound, also visualize that sound getting smaller and smaller

Watch the lizard shrink until it is so small that it finally disappears

You could also do this with a fear of public speaking. Watch your fear disappear. Believe it or not, some people think that this exercise is fun.

Your Evaluation Page

1. Describe the difference between guilt and remorse
2. List at least four questions that you should ask yourself if you are feeling guilty
3. Discuss what you may be able to learn if you are feeling remorseful

Chapter 4

The Anxious Child

Key Objectives

After finishing this chapter you should be able to:

1. List at least four reasons why children may become anxious
2. Discuss at least three ways that you can help your young child
3. Discuss at least three ways that you can help your teenager

When I Was Your Age

Paul is speaking to his thirteen year old son, Willie.

‘Willie, why are you not doing your homework?’

‘The teacher does not like me.’

‘What do you mean the teacher does not like you? When I was your age I was getting very good grades at school. Why are you so difficult?’

‘I am not difficult. I just don’t like school.’

‘Oh, first you don’t like one teacher and now you don’t like the whole of school,’ says Paul ‘What is doing to happen to you when you get older? I just really hope you don’t expect me to support you. So are you going to turn a dee-jay? The country only needs a few deejays, and you have no talent. You are no good at sports. Your cousin Mikey passed seven CXC’s. Imagine that – seven CXC’s. You should be trying to pass eight.’

Willie goes into his room and buries his face in his hands.

Questions

1. In your opinion, what is the likely impact of this conversation on Willie?
2. How could have Paul dealt with his concerns in another way?

Information Section

Yes, there are many anxious children around...

There are many anxious children in the Caribbean.

Most parents today will worry if their eight year old does not want to have any friends or their teenager has trouble sleeping. They know that their child is anxious, and they want to help their child.

On the other hand, anxious children may be quiet or easy to please. The parent or teacher may think that this child has no problems. It may be just the opposite! A child may also be boastful and appear over-confident to hide his anxiety. This is why it is so important that parents talk often and lovingly to their children. Children will more likely communicate with their parents when parents invite children to communicate with them on any matter.

Children have powerful emotions

All children, whatever their age, have powerful emotions. The world for young children can be a frightening place. Many young children have nightmares.

Children are aware of what is happening around them even if they are not able to put their feelings into words. They do know however if there is anger in the home, and they do worry when they feel that they are not loved. It is not enough to tell a child that you love him. It is very important that you show the child that you love him. Actions speak much louder than words.

Fears are common in young children. Usually children grow out of their fears but sometimes

childish fears persist as the child grows up. For example, there are plenty of adults who fear lizards, even though the lizards do not harm them.

Children can develop anxiety at any age, but they are especially anxious during early childhood, and again during puberty. Unless you know your child very well, it can be difficult to decide if the child is anxious. For example, a child who is crying may be cold, hot or hungry.

Why do children become anxious?

Sometimes the child is anxious because he or she lives with anxious people. Remember that children live what they learn!

There are other reasons why children become anxious.

Being Sick or Disabled

A child can become very anxious if he is ill. I remember a child who was diagnosed with worms. Every night before she went to sleep, she would worry that she would die.

Children with physical disabilities may be afraid that other children will jeer them and laugh at them because they are disabled.

Young children may feel that it is their fault if a parent becomes ill. A child might blame herself if her mother becomes ill.

Are you saying – but that does not make sense! You need to remember that this is how a child may think. Sometimes children cannot think logically. A little girl might think that Mummy is sick because she has to shout at me so much.

Having Family Problems

Young children feel insecure when they hear their parents quarreling. Children become very worried when they hear a parent threatening the other, or a parent saying that he or she will leave the home.

Some parents will ask the child to take their side against the other parent. This is very damaging to the child. Children want to be loved by both parents. It is critical that if one parent leaves the home that both parents tell the child that he will not be abandoned, and that he is still very much loved.

A parent may also take out her anger at her spouse on the child. She might say to her son 'you are worthless like your father'. The boy now comes to feel that he does not have any value. He may also resent his mother for putting down his father, whom he may love.

Children also worry when their parents threaten to leave them. A good parent uses clear instructions, giving the child limits, and explaining the discipline that the child will receive if she breaks the rules. Some parents find this too difficult or say things that they should never say to a child like 'I hate you.' The child becomes anxious, and usually behaves even worse!

Having Troubles with other Children

Bullying is common in schools. If the child is bullied or teased very often, the child can develop low self esteem. Some children feel that they are no good and deserve to be bullied. We have found that many adults who were bullied as children get depressed often, and have low self esteem. So the effects last a long time!

Parents can help the child who is bullied. The parent can listen to them and work to rebuild the child's confidence. Parents also need to involve teachers. There are many educational programmes now designed to stop bullying. Please also see the book in this series entitled *We Can Stop Violence*.

Troubles with School

Many children become depressed if they do not get good grades. They feel that their parents and teachers will be ashamed of them. They tell themselves 'why is it that other children can understand this and I can't? Why am I so stupid?' The parent then needs to encourage the child and build his confidence. It is interesting that many children start to 'understand things' when they begin to have more confidence. The parent may also wish to get additional help for the child so that she does not struggle so much with school work.

Some teachers and children just do not like each other. If you think that a teacher is not treating your child fairly, take it up with that teacher. Do not quarrel or behave badly in the classroom. It is important that you speak to the teacher privately. You should also be aware that your child may be cooperative at home, and uncooperative at school. Parents do not always realize that children can be very different at home than at school.

Other reasons

There are many things which children, especially teenagers, get anxious about. Take your child to a counselor if he or she starts to drink, take drugs or threaten to commit suicide.

Remember – All 'Difficult' Children Are Children With Problems

From a Mother who had Difficulty with her Son

Francis had three children, two daughters and a son aged fourteen years old.*

The girls don't give any real trouble but Peter does. He was once very rude to a teacher and was suspended. I got angry – why is it that he gives so much trouble and the girls don't? I would try to talk to him and he would say he understood and then go back and do the same thing. It's not as if he did not have a father in the home....and his father spoils him too much. Than you start to worry if the child will turn out alright as a man or if he is going to have all kinds of problems....When I thought about these things I got very worried...it wasn't as if I didn't have enough problems. I tried to get him into activities but he always had some excuse. He didn't want to go to karate because he said that was stupid (of course I think it was because he was afraid of being beaten up – he never could take pain). Anyway, I got help. To cut a long story short I tried to be calmer with him. Lord, it wasn't easy! It was his father who finally got him to take up swimming lessons. He seems to like that, and I hope he sticks to it....Anyway, he is doing a little better in school now and seems happier.



What can we learn from this story? There are many questions that we cannot easily answer. Such as – was the mother too strict and the father too soft? We cannot easily answer these questions unless we lived in the home or heard what everyone in the home had to say.

But we can make assessments about other things. What happens when we keep on using the same tactic to try and improve a child's behaviour and it doesn't work? Should we explore something else?

Remember that every 'difficult' child is really crying out for help. The great news is that every child with problems can be helped.

*All names have been changed



Life Skills Activity

Think of at least five ways that you can help an anxious child.

LIFE SKILLS CORNER Helping your Small Child

Parents can help their children by offering them reassurance that everything is all right.

Try to make sure that small children get a wide range of experiences, particularly meeting people outside the home and playing with other children.

Try and ensure that your children are able to make their own decisions over small things – this will help them grow in confidence.

Try and ensure that you are not always worried and anxious. Bringing up children can be stressful, but, if your children feel that you are always worried, they are more likely to be anxious themselves.

Spend time with the child. Read to the child (this will also tend to help his schoolwork). Eat meals with the child. Go out to the movie with the child. Take trips together. Make frequent contact with extended family, neighbours and friends. Take him to the local library. Provide the child with love and consistency. Children want to feel that they are loved no matter what. If they feel they

do not have unconditional love (love them no matter what) they will start to worry. This worry is bad for them and may lead to all kinds of problems.

Do not burden the child with adult worries and concerns. Give her a sense of routine. If at seven she is worrying about who will make her dinner, or who will pick her up from school, she may start to feel insecure. This will hamper her ability to feel confident, take chances, learn and have fun. She won't develop an attitude of 'can do' but instead will tend to develop one of 'can't do.' Sometimes worried children become precocious, taking on the habits of adults. They become sad and lose heart.

Provide consistent rules, regulations, supervision and schedules. **Play together. Play is wonderful for having fun, learning and bonding.**

If the child has gone through some kind of trauma, spend more time with the child than usual. Allow your child to cling to you more often than normal. Being hugged and near to a loving adult is very comforting to children who have been through a very bad time. Also remember to play with the child. Children may be able to share their feelings about what is happening to them through activities such as drawing.

Get Guidance On Parenting. It Will Be A Great Gift That You Can Give To Your Child. Take Action! Ask Your Community Leader To Bring In A Parenting Expert To Talk To Your Community.

LIFE SKILLS CORNER - Helping Your Teenager

Strategies that parents can develop include:

Setting clear ground rules for the teenager but relax them as he becomes more responsible.

Just like with a younger child, try and ensure that you are not always worried and anxious. Bringing up teenagers can be stressful, but, if your teenager feels you are always worried, she will likely become anxious herself. She may not want to burden you with her problems. She may also be afraid to talk to you about anything because you always seem to be so worried and irritable about everything.

Encourage the teenager to discuss her problems with you. Assure her that you are always there for her.

Be prepared to really **listen** to your child – teenagers are much more likely to confide in you and trust you if they feel that you will respond to their worries and not automatically criticize them.

When the teenager is so anxious that it causes him great distress, you might consider asking for professional help.

Role Play Exercise

Do these role-play exercises. Remember that some of you will have to act as children.

You do not like Freddie, your ten-year-old son's best friend. Freddie has very poor manners. What do you say to your son?

Your thirteen year old is crying because the boy that she likes seems to prefer another girl.

Tips: Was all that you had to say about Freddie bad, or did you find something good to say about him? What does your son think if his choice of friend is all bad? Did you ask your son who should set the examples with respect to good manners? If you do not want him to be friends with Freddie, what specific reasons did you give him? What tone of voice did you use with you son? What kind of body language?

What about your thirteen year old daughter? Were you impatient with her or did you sit down and have a patient and loving talk with her? Did you give her time to grieve? Did you explain that many persons have suffered from unrequited love (love that has not been returned) at some point during their lives? (However, please remember that many teenagers feel that no one has quite experienced the problems that they have experienced). Were you prepared to spend a little extra time with her during the following weeks?

Chapter 4 Relaxation Exercise 1 For Children

You might want to play a game with your child or do some kind of fun activity with him.

Most young children will be happy if you read a fun story to them, or tell them some jokes.

But here is a relaxation exercise that children can do

Tell them to pretend. Most children can pretend very well!

Tell them that they are breathing in very good air. Then they are exhaling all the bad thoughts. Tell them to say 'Go away bad thoughts! The good thoughts are taking over!' Or you can tell them to say 'In with the good thoughts, out with the bad thoughts.'

Now help them with those good thoughts. You are clever. You are strong. You have a lovely smile. Daddy loves you. Mummy loves you. Grandma loves you...and so forth.' Also find some things that the child is really good at. For example, 'I like the way you help me to wash the dishes when I am busy.'

This exercise will not only relax the child, but also help to build his self-esteem.

Chapter 4 - Relaxation Exercise 2 For Both You and Your Children

Stretch and Smile!

Stretching helps reduce tension in your muscles. Ask your child to breathe deeply during the stretching. She should inhale as she begins each stretch and slowly exhale as she stops each stretch.

It is important for parents to try to talk calmly to children about the things that are worrying them, and to reassure them whenever possible.

Do you remember that we said in Chapter 2 that women worry more than men? Well, boys are sometimes more anxious than girls. Read the following:

'(In the United States) boys, when compared to girls, are six times more likely to have learning disabilities, three times more likely to be registered drug addicts, and four times more likely to be diagnosed as emotionally disturbed. They are at greater risk for schizophrenia, autism, sexual addiction, alcoholism, bed wetting, and all forms of antisocial and criminal behaviour. They are twelve times more likely to murder someone, and their rate of death in car accidents is greater by 50 percent. Seventy-seven percent of delinquency-related court cases involve males.

There is more. Boys younger than fifteen years of age are twice as likely to be admitted to psychiatric hospitals, and five times more likely than girls to kill themselves. Suicide among black adolescent boys has increased 165 percent just in the past twelve years. Boys comprise 90 percent of those in drug treatment programs and 95 percent of kids involved in juvenile court.

From : Dobson, James (2001) *Bringing Up Boys* Wheaton, Illinois: Tyndale

Evaluation Page - Chapter 4

1. List three reasons why children may become anxious
2. Discuss three ways that you can help your young child
3. Discuss three ways that you can help your teenager

Chapter 5

How To Get Help

Key Objectives

After finishing this chapter you should be able to:

1. Discuss how you can get help if you are anxious
2. State why you should never mix or borrow medications without consulting your doctor
3. Describe how you can help an anxious friend

Giving Myself Permission to Change

Pearl speaks:

I am fifty years old. I always say to people that an old dog can't learn new tricks. That was my way of saying that I couldn't be bothered to learn anything new. I am always the first person who says 'it can't be done'. I know now that this attitude has stopped me from doing many things. It is an excuse.

I heard something the other day that really moved me. I was saying to my pastor the usual thing - that people can't really change once they are over thirty five. My pastor said 'do you know that you might live another thirty years?' Well, I said I really had not thought about that - I feel old enough now. And he said to me 'you mean to tell me that you do not intend to learn anything new or develop any new attitudes in the thirty years that you might have left? It might even be forty - because both of your parents lived to a very ripe old age'

So I started to think that maybe I could change some of my ways after all. I am a worrier, and I read a book the other day that my doctor recommended about managing my diabetes. I tell you, that book really helped me, it showed me too how stress can make your diabetes worse. I also decided to attend a workshop run by my community on taking better care of my health. I am now eating better, doing more of the things that I like, and enjoying myself more. I am not saying that life is perfect, but it certainly has improved. And it is good for my children to see that I can change for the better. It makes them think that they can change for the better too.

Questions

1. Do you ever feel like Pearl did – that you simply cannot change your attitude toward life (whatever your age)?
2. Do Pearl's words motivate you to change something about yourself? If your answer is yes, how did her words motivate you?

Information Section

Seek help – talk to a friend, a guidance counselor, or a pastor

Good friends, counselors and pastors have been able to help many persons with their anxiety problems.

Develop a network of friends who will support you. It is very good to talk to someone.

On the other hand, even anxious people should think of other people, and not just themselves. There should be a balance in everything. Unless you are really desperate, it may not be wise to air your problems to your friends and relatives every day over long periods of time.

Many people also spend their lives trying to get reassurance from the wrong people. Don't ask for advice or reassurance from someone who does not particularly care for you, or who does not want to listen to other peoples' problems. Also, you may not necessarily want your problems to be aired on the next newscast! Choose a wise, emotionally mature and confidential person with whom to share your problems.

You may have a medical or psychological condition that your friend has not been able to identify. Listed below are the people and places that will make a referral to, or provide, diagnostic and treatment services. Your teacher will discuss these with you

You can get help from:

- Family doctors
- Mental health specialists, such as psychiatrists, psychologists, social workers, or mental health counselors
- Health maintenance organizations
- Community mental health centers
- Hospital psychiatry departments and outpatient clinics
- Government hospitals and clinics
- Family service, social agencies, or clergy
- Private clinics and facilities
- Guidance Counsellors in schools
- Other Counselling services
- Your pastor

Yes, You may need to visit a good doctor

Do you know that sometimes we feel anxious or more anxious than usual because something is wrong with our body? Many anxious people have health problems. Sometimes we don't know if the physical illness has created the anxiety, or if the anxiety has created a physical illness! Either way, you should visit a doctor: preferably one with a reputation for excellence. Sometimes the problem may be serious, but most times it is something relatively mild. Sometimes a person may even be even short of B vitamins, vitamins that help to fight stress. Some menstruating women may be anxious and lacking energy, and this may be corrected by taking iron. However, do not

prescribe yourself – you may have another problem than the one you think you have! Furthermore, taking too much iron and very high doses of vitamins may lead to other problems.

Ask your friends if they know a good doctor who will listen to your problems. A good doctor will help you to overcome your anxiety. The doctor will ask you about your symptoms, which are the signs of illness. He or she will ask you about your former health problems. This will help the doctor to rule out a physical cause. The doctor may also ask you the following:

Do you take alcohol or drugs?

What are the stresses in your life?

Describe the relationships with your spouse and other members of your family

What does the anxiety feel like?

How intense is it?

When and how often do feelings of anxiety occur?

Suppose I have to take medication?

Your doctor may give you medication (medicines) if your anxiety is very bad, or if you are very depressed. The medicines will treat the anxiety. Please remember that these medicines are, generally speaking, not meant to be

taken over a lifetime. They are meant to tide you over a certain period.

What happens after I take the medication?

Most people are able to return to their daily activities after being treated with therapy and medication. Ask your doctor if there will be any side effects from taking the medication.

Suppose the treatment does not work?

When you are treated for anxiety or depression, you and your doctor or therapist will be working together as a team. Together, you will try to find the approach that is best for you. If one treatment doesn't work, the chances are good that another one will. And new treatments are continually being developed through research. So don't give up hope.

You May Need to Make Lifestyle Changes

Your doctor will very likely ask you to make lifestyle changes. He may ask you not to drink coffee, alcohol or smoke marijuana, for example. He may also suggest that you get more sleep, and do certain relaxation exercises several times every day.

A Very Important Note

Medicines of any kind - prescribed, over-the counter, or borrowed - should never be mixed without consulting the doctor. If you go to a dentist, tell him that you are taking medicines. Some medicines are safe when taken alone but can have dangerous side effects when taken with other medicines. Never take medication with alcohol or with street drugs, because you may become very ill.

If you experience serious side effects, stop taking the medication immediately! Tell your doctor that you have stopped taking the medicine.

LIFE SKILLS ACTIVITY

In Chapter 1, we discussed tips to reduce anxiety. Well, there are many ways to reduce anxiety! Form yourselves into small groups of three or four, and explore some other ways that can help to lower anxiety.

LIFE SKILLS CORNER

I'm sure that you came up with great suggestions. Perhaps you thought of these below, or others:

Set realistic goals. If you are unrealistic, you will worry much more. In other words, don't think 'I am going to make a lot of money during the next year' or 'I will find the right wife in ten months.' Such thoughts can make you feel very good for a while but will leave you feeling very anxious if your wishes do not come true.

Break large tasks into small ones, and do what you can as you can.

Get involved in activities that may make you feel better. If you like to dance, then play some music at home and dance!

Get involved in church activities, sports activities or any other activity that gives you pleasure.

Before deciding to get married or divorced, discuss this with others who know you well.

Don't expect to snap out of your anxiety. Feeling better takes time.

Do relaxation exercises every day.

Let your family and friends help you.

Class Exercise

How would you like to be treated by your family and friends if you are very anxious or depressed. Share your thoughts with the class.

What if I Have an Anxious Friend? How do I help?

The most important thing that you can do for a friend or family member who is very anxious is to help her to get treatment. Many anxious people don't like to go for treatment, and you may need to make an appointment with the doctor yourself. Remember that even if your friend does go for treatment, she may not take the medication that the doctor has given her. You may need to encourage her to stay with the treatment until she feels better. This may take several weeks. If your friend does not improve, she will need different treatment.

You need to give the person a lot of love. This means understanding, patience, affection, and encouragement. Ask the anxious person to talk about her problems. Do not be angry with her for the feelings that she may have. Visit or call her often. Do not push your friend to do too much too soon. This can make her feel even more anxious.

It is important that you are very patient with your anxious friend.

Are you Spiritual? If you are, repeat these statements in the morning or in the evening. They will calm you.

What is God?

God is Perfection. Total Wellness

I am now conscious of God within as my radiant health

God is Perfect Love

I am now conscious of God within as the activity of my loving relationships

God is Perfect Harmony

I am now conscious of God as the harmony of my home and business

God is the only Power

I am now conscious of God within as my safety and protection

God is the only Presence

I am now conscious of God as the guiding, guarding, protecting Presence watching over my loved ones.

God is Perfect Peace

I am now conscious of God within all as total peace on earth
My consciousness of God within as my total fulfillment is my fulfillment. I am now experiencing total fulfillment.

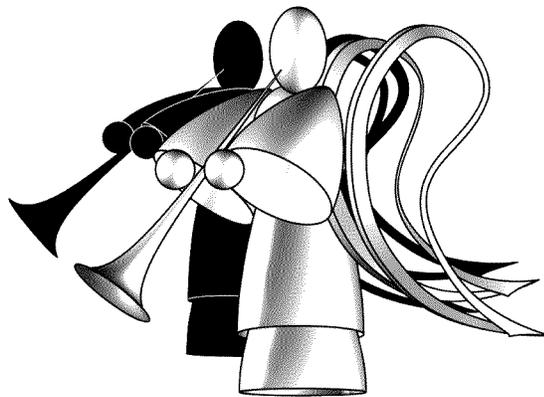
I am radiant health

I am loved and loving

I am perfect harmony

I am protected

I am at perfect peace



Adapted from Price, John Randolph *Practical Spirituality* Carlsbad, California: Hay

From a Salesperson Who Retired Early – a Real Story

I was one of the best salespeople (in my field), but I had to retire early. I put myself under a whole lot of pressure. I found I couldn't relax – the better I got the better I wanted to be. I was always thinking about who was doing better than me. If other people could make it bigger then so could I. It started to affect my health. Even if I got the flu or felt sick I would never stay at home – because I would always be thinking about the customer I could sell to out there. I tell you, if someone had a nicer car than me – especially someone at work – it really burned me, though of course I had to pretend I was happy for them. Finally, I just had a nervous breakdown. I had to go to a psychiatrist. It took some time for me to feel better and I had to take pills....You're asking me if I would do it all over again? I would still be working hard but I would not have been so crazy. The trophy I won once is still not worth my health. I'm really competitive. Yes, other people can do it but maybe they have a different kind of health. I was strong for so long – so what happened? I'm still proud of myself, mind you, but yes, I would not have killed myself like that. Nothing is really worth your health, I think.

What does this story teach us? It teaches us to be careful not to get so obsessed about anything. If you find that you just cannot get certain thoughts of your mind, it is probably time to visit your doctor. Remember it is also wise to get regular checkups.

Be Grateful When You're Feeling Good and Grateful When You're Feeling Bad

The happiest person on earth is not always happy. In fact, the happiest people all have their fair share of low moods, problems, disappointments and heartache. Often the difference between a person who is happy and someone who isn't happy isn't how often they get low, but instead, it's what they do with their low moods.

When you look at peaceful, relaxed people, you find that when they are feeling good, they are very grateful. They understand that both positive and negative feelings come and go, and that there will come a time when they won't be feeling so good. To happy people, that is okay, it's the way of things. So when they are feeling depressed, angry or stressed out, they relate to these feelings with the same openness and wisdom. Rather than fight their feelings and panic simply because they are feeling bad, they accept their feelings, knowing that this too shall pass. This allows them to come gently and gracefully out of negative feelings states into more positive states of mind. One of the happiest people I know is someone who also gets low from time to time. The difference, it seems, is that he has become comfortable with his low moods.

Adapted from Carlson, Richard (1997) *Don't Sweat the Small Stuff and It's All Small Stuff*
New York: Hyperion

Building Strength – Think Of Yourself As A Big Strong Mahogany Tree

Sit and be comfortable

Close your eyes and breathe deeply and slowly.

See your body as a strong beautiful mahogany tree or any other tree that is lovely, big and strong. Your body is completely solid. Imagine strong roots growing from your legs and going down deeply and strongly into the earth.

When you have anxious thoughts, see your body remaining grounded and strong like the mahogany tree. Feel the strength in your entire body.

You feel relaxed, and confident that you can handle your problems.



Chapter 5: A Variety Of Relaxation Exercises

1. Massage your hands. Squeeze the fingers, and pull them gently. Pinch the hands gently. Clasp all of the fingers together and squeeze. Then rub your shoulders and the back of your neck. Go very slowly and gently at first. Many of us carry tense necks and shoulders all day long without realizing it. Do not rush the massage. You might also ask someone to do this for you.
2. Buy a pastry roller. Then roll your feet all over it when you are reading or watching the television. Go slowly. Also use your feet to massage each other thoroughly.
3. You may just wish to relax and think of very pleasant thoughts whilst being quiet or listening to very soothing music. Think of lush mountains, blue skies and calm seas. See yourself healing from the tip of your head to the bottom of your feet.
4. Run a tub of warm water. Add one cup of sea salt and one cup of baking soda in the bathtub. Soak for fifteen or twenty minutes. You will probably feel sleepy after taking this bath, so take it before falling asleep. Remember that heat of any kind releases muscle tension.
5. Treat yourself to a full body massage by a trained masseur whenever you are able to afford it. (If you have an illness, you may want to ask your doctor whether a massage is right for you).
6. Buy yourself a cassette of soothing nature sounds, like the sound of the wind, sea or rain. If you can't find those tapes in your record store, make tapes of very calming music and play them whenever you feel anxious.
7. Take up yoga, under a qualified instructor. Yoga is wonderful for relaxation and for general improvement of health.

Points For Class Discussion

This Discussion will prepare you for Chapter 6.

- Do not ever think of yourself as a failure. Most of us compare ourselves with our friends and relatives. Too much comparison can give a great deal of anxiety, especially if you thought that you should have done better than they have done. I'm amazed at how many people consider themselves to be failures and yet have successfully solved many big problems. Sometimes their lives have not been easy at all but they have managed to be good decent people. That takes real guts.
- If more people were to concern themselves about taking action to change their own lives for the better, instead of resenting the successes of others, they themselves would be more successful.
- You may be frustrated about achieving your goals because you have tried before and failed. Perhaps you need to choose a more reasonable goal. Some people set up huge goals for themselves and wind themselves up to believe that they must get what they want exactly when they want to get it. They do not think well of themselves if they don't achieve these goals. Then they become very depressed when they do not achieve their goals. They never seem to congratulate themselves for making the effort. Remember to use failure as an opportunity to learn.
- Maybe you have gone about achieving your goal the wrong way. Perhaps you'd like to try again. Try again using a different strategy, or select a different goal. Many persons have tried and failed and got up back again. Those stories abound!
- Did other people who wanted to do what you want to do quit after failing a few times? Did they all have a more fortunate childhood/young life than you did? Where would they be now if they had just given up?
- Not because you've failed a few times (or even a lot of times) means that you are a failure. Or that you will never succeed. There is nothing absolutely certain in this life, that's for sure. However, if you try hard, even in a very uncertain world, you can get more (and usually much more) of what you want than if you don't try at all.
- Knowing that you have goals and purposes will make you intent on trying to achieve them rather than worrying about life's difficulties.
- Don't be sure that you are going to achieve all of your goals in exactly the way you want them to! You may feel better for a while if you think this way, but you may get very anxious and sad if things don't turn out exactly the way you expected. Luckily, sometimes you find other opportunities in life!
- Use positive images to rehearse the difficult things you should like to do. Using positive images can help you to practice doing difficult things. Also get advice from wise people!
- Positive thinking is usually much better than negative thinking as long as it is not unrealistic. It is good to be both practical

and positive, so that you are cautious and vigilant. A balance between positive thinking and realistic thinking tends to make for optimal happiness.

- Remember that saying: no one can make me feel badly about myself unless I give them permission to.

Your Evaluation Page

1. Discuss how you can get help if you are anxious
2. State why you should never mix or borrow medication without consulting your doctor
3. Describe how you can help an anxious friend

Chapter 6

How A Positive Attitude Will Help You

Key Objectives

After finishing this chapter you should be able to:

1. State how having a successful attitude can help you
2. Describe the HONOUR YOURSELF Technique
3. List at least four things that we can all learn from Helen Keller's life.

The Story

Bella is speaking to her husband, Richie.

'How come you are so happy lately? You even look younger. Are you fooling around with some young girl?'

'Yes, you.'

'Stop you foolishness. What has happened to you?'

'You see, you are thinking that I could not be happy with you. If you said that to some men, they would use that as an excuse to stray. You need to mind your words and your thoughts.'

'Okay, what do you want now? You want me to cook you curried chicken tonight or something?'

'Cook me something out of a tin for all I care. As a matter of fact, I insist that you cook me something ordinary this evening so you won't think I am just buttering you up,' He smiles at her 'Do you know that you are a good woman? A very kind and caring woman?'

'But stop now! October 2nd is Valentine's Day?'

'I just thought I would say something today that I really mean on a day that is just an ordinary day. No, I don't expect anything in return.'

Bella smiles suddenly 'It is really nice, because you said it on an ordinary day. You know it is funny. When we say nice things, when we do nice things, the world can be a very nice place.' Bella had been anxious lately, but now she is singing as she clears the table.

Questions: These won't be our usual case study questions!

1. How about relieving someone else's anxiety? When was the last time you said something very nice to someone that you love, even though it was not Valentine's Day or any special holiday? How do warm words make your loved ones feel?

Information Section

Turn your Life around with a Positive Attitude

Your mind, you will remember, can be your greatest friend. A Positive Attitude is another way of saying that you have a *successful* attitude.

See your mind as having two sides. A Successful Attitude is on one side and a Failing Attitude is on the other side. The Successful Side has the power to attract happiness and health. The Failing Attitude, on the other hand, keeps you unhappy.

Did you note that in the story that Richie was very nice to Bella? Well, this is part of having a

successful attitude. Having a successful attitude means not only that you can build up yourself, *but that you can also build up other people.*

However, having a successful attitude doesn't mean that you won't fail sometimes!

All of us fail. It is the ability to get up back that matters. Sometimes we are not able to get back up immediately – and that's okay too. But keep in mind that one day you may wish to try again at the same thing (perhaps doing it a new way) or do something else. Never give up hope.

This excerpt is from Phillip Moffit, who bought and ran Esquire, a very popular magazine in the United States. He made a great success of the magazine, and loving adventure, he moved on to other very successful enterprises. This is what he had to say of the negative reaction he got when he first bought Esquire, and of the benefits of failing.

You tend to think the naysayers are much more important than they are. What matters are the people who will believe in you. If you've got a group of one hundred people, and ninety say, This is never going to work, but you've got ten who say, You might be able to do it, that's enough. I have discovered this is a rule in all business activity: focus on the people who believe in what you're doing and forget the others until you've achieved survival...

Our first business, 13-30, tottered on the edge of bankruptcy for three and a half years. Many times defeats are critical steps toward victory. People think success is made up of successes, but success is really made of a series of failures.

I see an opportunity, I try, and I miss it. I see what I did wrong and I try again, and again I miss. By the third time, I am sure I've really got it, but all I do is get closer. So I try again, and it works extraordinarily well, and people say 'What a success!' This guy never fails' – not really understanding all the misses before the hit.

You've got to embrace failure as part of success. One hidden benefit is that, although it may be horrible, it happens and it's over, while success goes on and on into the future....It's the denial of honest failure – denying your role in it and therefore being unable to learn from it – that is crippling.

From Kawaski, Guy (1993) *Hindsight: The Wisdom and Breakthroughs of Remarkable People*
New York: Time Warner: pp. 61-64

LIFE SKILLS ACTIVITY

Each of you should write down at least four ways to control negative thoughts or attitudes. After you have finished writing, share your ideas with the class

LIFE SKILLS CORNER

A Tip on Controlling Negative Thoughts



I'm sure that you came up with some good ways to control your anxious thoughts. Sometimes we react angrily to what people say or do and to situations we face. A good technique to practice at such times is to 'take time out', or stand back, mentally removing ourselves from the situation, observe what is happening, and in a detached way, consider our reaction. We can also use the **HONOUR YOURSELF** or **RESPECT YOURSELF** technique to help us.

HONOUR YOURSELF – Reflect on how you should honour yourself. You are a unique human being. You have potential. Even if you think you have failed all of your life (and you very likely haven't!), you can still have successes.

Let's give some examples of how others may make you feel badly about yourself:

Someone calls you a 'loser'. Well, that is their opinion. Are you going to let that person's opinion control you? What a lot of power you are giving that person! Will you let people who are rude or unkind spoil your day, your life? Some people allow anyone to change their moods or how they feel about themselves. This is giving far too much power to other people. The power is within you. Honour yourself!

Someone calls you a 'dunce' or a 'fool'. So you automatically believe it? Again – what power you are giving the other person! Actually, the ones we call 'dunce' or 'fool' are often more intelligent than ourselves. I have met people who do not have any university degrees who are more intelligent than I am. Many a child has been called 'dunce' by a teacher and has gone out of their way to do very well in their lives. In fact, Albert Einstein, the great genius, was at once point considered very slow as a boy. Honour yourself!

I Can't Do It!

I can't change

I told you!!

*Only other people can
myself failing*

FAILURE

*I remember all the other
times I've failed
situations where I failed*

*I won't even bother to
try*

I am so afraid

***Draw a Cycle of 'I Can Do It?' Be as Creative as You Like and Show Your
Drawing to the Class.***

Turning Adversity Around – Helen Keller

Helen Keller was born physically healthy. However, at the age of eighteen months, she became ill. The illness made Helen Keller deaf and blind. The popular belief at that time was that the disease would turn Helen Keller into an idiot. Since Helen Keller was a wild and unruly child, many thought that she really was an idiot.

A teacher by the name of Ann Sullivan taught Helen Keller at the age of around seven. Sullivan taught Helen Braille. Braille is a written language for the blind in which letters and numbers are represented by patterns of raised dots. Ann Sullivan also taught the child to 'listen' by feeling a speaker's face. At the age of ten, Helen Keller expressed a desire to speak. She had found out that a little deaf-blind girl had already acquired that ability. With the help of another teacher, Helen Keller learned to speak.

The little girl grew into a woman who wrote, spoke, and worked continually for the betterment of other people. She wrote an essay entitled Optimism. She wrote several other essays and books. She had broad and wide ranging interests, but never forgot the needs of those persons who were blind and deaf like herself. She was always willing to help them by giving

lectures, writing articles, and appearing before legislatures.

Miss Keller was as interested in the plight of the deaf-blind not only in her native USA, but also in other countries. During her lifetime Miss Keller received many awards of great distinction from several countries all over the world.

Turning Adversity Around – the Young Men from the Sudan

Have you ever heard about the Young Men from the Sudan? Their parents were usually brutally killed (sometimes in front of them) in the Sudan. In 1983, a religious war broke out in the Sudan. Adults were murdered and girls were taken as slaves during the attacks. The boys, aged between four and eighteen, took a journey across the desert to find food, shelter and education. Five and six year olds were among the 17,000 boys who made an extremely dangerous journey across three countries. They walked to Ethiopia and stayed four years, but war broke out. At gunpoint, they were forced to go south and into Kenya. When they finally found a temporary home at a place called Kakuma in Kenya, only 12,000 were still alive. Some had been eaten by crocodiles in the rivers they had to cross, others died from hunger and exhaustion along the way.

Smile Away The Stress

Remember always to smile sincerely with your eyes and to fill your heart with love. This acts as a preventive medicine. When you are sad, angry, crying, depressed or nervous, your organs secrete poisons; but when you are happy and smile, they produce a honey-like, health giving secretion instead.

Wherever you are – standing, walking, or sitting – remember to smile, and relax, to fill your heart with love and to let the loving feeling spread throughout your whole body. It is so very simple and yet so very effective. Just cultivate a peaceful, loving heart; smile easily and your troubles will melt away.

From: Chia, Mantak *Transform Stress into Vitality*, New York: Healing Tao

People who spoke with the boys wonder how they did it. Eyes that had seen terrible murders, friends starving, brothers drowning. They have suffered tremendously. Yet, they still smile, they still like to meet new people, and they would do anything to get an education.

Kakuma has been called a 'wretched place': it is dirty and full of disease. But because of their determination not to give up, the young men have attracted the attention of countries such as the USA and Australia. While they are over there, they work and go to school. They feel that they can improve by going to school. They are very hard workers. The boys who remain in Kakuma still work hard and go to school. Why do you think that these boys have not given up?

We can learn the following from Helen Keller and the Young Men from the Sudan.

- They experienced tremendous emotional pain and still did not give up
- They did not use 'others have had it easier than I' to be lazy or to give up
- They were disciplined
- They were disciplined even when the activity became boring.
- Almost every problem can be turned around into a benefit.

You Can Change Your World

Many of us think 'the world has given me a raw deal'. We might think so because

- Our parents were poor
- Bad things have happened to me
- Other people were luckier
- Other people put us down

It's true that if you were born in the lower income brackets that you may have undergone certain hardships that someone born in the middle and upper income brackets cannot even begin to understand. I say may because many people who were born in the lower-

income brackets had enough to eat, got a good education, and had wonderful parents. In any event, find someone to motivate you who went through a situation similar to the one you did. Stories abound!

It's heartening and a testament to the wonders of the human spirit to know that many persons have found happiness or contentment in spite of having challenges in their lives. Many people with physical handicaps study, have fun, and achieve goals. Many persons who were born poor have found a way out of poverty, or have helped others in their communities. We admire people greatly who have turned their lives around. You can do that too if you have a positive mental attitude. You may or may not choose to set big goals for yourself. In fact, not everyone wants to achieve huge goals: many people are much happier with 'medium-sized' goals. Whether you have big or medium sized goals, you may wish to first set small but specific goals for yourself. You may wish to join organizations that will help you to succeed in obtaining your goals. Become focused and enthusiastic. You will also become more aware of the opportunities that will help you to achieve your goals.

And remember, effort and work can become fun when you have goals.

In other words, you will become a person with a mission. Don't worry too much if your goals do not come through exactly when you want them too. Be patient.

A good self-image is important to creating your positive mental attitude. Love and appreciate yourself and you will tend to have a positive relationship with others around you. Also remember that achieving success is not an excuse to look down on other persons whom you feel are less successful, or to treat them with contempt. Always treat others with dignity.

Chapter 6 - Positive Thinking Meditation Exercise

Meditation is a very good way to develop the power of your mind in a positive way.

Exercise 1

To meditate, you should find a quiet spot and sit comfortably with your hand resting at your side or folded in your lap. If possible, or if it will help you, play quiet music to set the mood. Look straight in front of you with your eyes open, and begin to think about yourself:

Think of all the things you like about yourself, and all the good things you have done during the day or the day before.

Think of the power of your thoughts – you have a choice to create good or bad, positive or negative thoughts

As you see your good qualities, you will feel good about yourself, love yourself and see the good qualities in others.

You will realize the benefits of a loving attitude to yourself and others.

Then sit and focus on only one thing only to rest your mind. Choose a flower, the stars or even a chair. If other thoughts enter your mind, that's okay, just release them into the air.

Exercise 2

Sit and relax on a chair. You may put your feet up if that makes you feel more comfortable. Place a towel or scarf over your eyes. Relax. Now visualize a large balloon full of peace in your stomach. As you inhale, imagine that the balloon is giving the inside of your body peace. As you exhale, release the air from the balloon and feel the peace all over your skin, the outside of your body. Meditate only on the joyous feeling of the peace.

Your Evaluation Page

1. State how having a successful attitude is able to help you
2. Describe the HONOUR YOURSELF Technique
3. List at least four things that we can all learn from Helen Keller's life.

Guidelines For The Instructor

Prerequisites

Before you teach your group about anxiety, you should know more than your students – and a great deal more about the management of anxiety than what is contained in this book.

Your Qualifications/Experience

You should have taught adults successfully for more than two years.

You should be a trained counselor

You should have a degree or diploma in Training Principles and Practices, or other similar course, which has covered Programme Planning and Programme Delivery.

Remember that when teaching adults you should.....

1. Establish a comfortable atmosphere with minimal distractions
2. Speak slowly and clearly and avoid technical terms
3. Make instruction relevant to the learner by using examples specific to the experience
4. Praise the individual's/group's progress toward the learning goal
5. Provide feedback to the learner to encourage self-evaluation
6. Remember that the teaching and learning process is the mutual responsibility of the instructor and learner
7. Speak to each and every adult with respect.

Some of the material contained in this book is very sensitive. Do not force anyone to take part in any activity which they find very embarrassing.

Chapter Organization

You will notice that each chapter is divided into six sections. These sections are:

1. Objectives
2. A Story

3. Information Section
4. Life Skills Activity
5. Life Skills Corner
6. Evaluation Page

Chapters 1 and 5 also have sections called **Points for Class Discussion**. Where these chapters are concerned, such material such be incorporated, if possible, in the time used for the Information Section. If there is not adequate time for this incorporation, the students should be asked to reflect on these sections at home.

Planning Your Time

The chapters can last either 2 or 3 hours. The time to be devoted to be each chapter will depend on the time that you have available and the group's level of understanding. Here are some suggestions before you make your chapter plan.

Objectives

If you want to include an ice-breaking exercise for Chapter 1, make it no more than 10 minutes.

Briefly introduce the topic to the learners. Explain why the topic is important. For example, you could say: *Are you worried? Are you anxious? So many people in Jamaica are anxious today. That is why we are going to talk about anxiety today. You can do a lot to prevent anxiety....*

Before each chapter, encourage your learners to ask questions. Inform them that if you do not know the answer, you will research the question, and get back to them another time.

Then read the objectives aloud to the students, and explain the objectives. You will observe that there is more material in each chapter than that which covers the objectives. This is to ensure that a few key points are remembered very well. However, you may of course elect to develop some of your own objectives. .

This exercise should take no more than 15minutes.

Time: 10 – 15 minutes

Story

You will note that much of the conversation in the stories is not in Standard English. This is to make the discussion in the story more realistic to the learners, since relatively few persons in the Caribbean always speak in standard English to their friends and families.

Then you may do the following:

1. Read the story out loud for everyone (5 minutes)

2. Ask the learners to be actors so that the story can be dramatized (10 minutes)
3. Ask the learners to answer the questions given for the story (10-15 minutes)
4. Explain that many of the conversations are not in Standard English

Time: 30 minutes

OPTIONAL - Ask the group to share similar experiences

If you include the OPTIONAL Section, this exercise will take 40 minutes.

Information Section

1. Go through the information section step by step. Ask questions after each section to assure learner understanding.
2. Also ask the learners to share what they know about the particular topic.

Time: 1 hour to 1 hour 10 minutes, depending on the group's level of understanding

Life Skills Activities and Corners

Life Skills Activities

You will note that the life skills activities are not included in the chapter objectives. This is because the students would require special and often individual tutorials in order to be competent in the life skills activities described in this workbook. The life skills activities are only meant to give the basics of the particular lifeskill.

All life skills activities will take twenty minutes to half an hour. Ensure that at least five persons get the opportunity to participate in each life skills activity. Ensure that each member of the group gets the opportunity to perform the role play in one of the life skills activities.

After the life skills activity, ask the group to share with you and each other what they have learned.

Time: 20 to 30 minutes

Life Skills Corner

This section gives guidelines to the Life skills activity. However, it is not designed to cover all of the possible answers.

Time: 10 to 20 minutes

Evaluation Section

Ask the learners to get into groups of three to perform this exercise. Then read the objectives of the chapter to them. Ask them if the objectives were achieved. If they feel that they have not achieved all of the objectives, go over any point that they wish to discuss.

Time: 10-15 minutes

At the end of the programme you should ask the learners:

1. How would you describe the length of the course?
 - Too slow
 - About right
 - Too long

2. How clear and understandable was the teaching?
 - Very clear and understandable
 - Clear and understandable
 - Not clear and understandable

3. How useful was the course in helping you learn about HIV/AIDS?
 - Very useful
 - Useful
 - Not useful

4. How useful was the course in helping you learn about drug prevention?
 - Very useful
 - Useful
 - Not useful

5. How enjoyable was the course?
 - Very enjoyable
 - Enjoyable
 - Not enjoyable

Tabulate the students' answers and return.

Planning Your Time – A Recap

Section	Least Time	Most Time
	Minutes	
Objectives	10	15
Story	30	40
Information Section	40	60
Life Skills Activity	20	30
Life Skills Corner	10	20
Evaluation Section	10	15
	<hr/>	
	120	180

Remember this is serious stuff but also put a little fun in it. Learning can be fun!

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