

# Changes

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Hi, Folks,

Some of the "Changes" that have occurred in my life since the last edition of this newsletter are that I have completed a certificate program in Training and Organizational Development at NYU.

And, I was very fortunate to have the opportunity to practice some of my new skills as a visiting professor in universities in both China and Saudi Arabia.

Both were very gratifying experiences.

I continue to feel blessed both personally and professionally. I hope you enjoy this newsletter and as always your feedback is most welcomed.

Sincerely,

*Rosemary*

Rosemary Lavinski, M.S.W., B.C.D.



## Create Good Stress Through a Hearty Spirit

Stress your spirit through the beauty of nature  
Stress your spirit through care of this good earth  
Stress your spirit through having a few of the finer things of life  
Stress your spirit through "accenting the positive"  
Stress your spirit through helping others  
Stress your spirit through celebrating your strengths  
Stress your spirit through accepting your limitations  
— and those of others  
Stress your spirit through forgiving others and yourself  
Stress Your Spirit through loving yourself and others

*Author Unknown*

How we feel about ourselves,  
the joy we get from living, ultimately  
depends on how the mind files and  
interprets everyday experiences.

*M. Csikszentmihalyi*

## Becoming Stress Resilient

Traffic, deadlines, busy schedules, illness, difficulties in relationships—all contribute to raising our stress levels. Stress is caused not by the events in our lives, but our reactions to those events. Stress is neither good nor bad and can be caused by positive as well as negative events in our life. Do you remember how stressful getting married was? Or buying your first home? It is important to remember stress levels do rise whenever we are undergoing transition or change. Attitude does matter. If you immediately assume the "worst is going to happen" when life gets you down your stress levels increase.

We all know that exercise, and maintaining a healthy diet and stopping negative self-talk will lower our stress levels. So why don't we do what we know is "good for us"? Many of us have difficulty making ourselves a priority. Taking care of ourselves must be our *First Priority*. Studies show that those of us who take time to exercise, pray, maintain a healthy diet and meditate will live longer than those of us who don't. Many of us are unwilling to persist with these behaviors until they become habit. (at least 21 consecutive days of new behavior). We must be aware that a change in behavior initially produces more stress, not less. We must be patient and persist. Measure your progress not by how "perfect you are" in maintaining new behavior. Instead ask yourself, "Am I moving in the right direction?"

*If you want to overcome self-induced stress:*

1. MANAGE NEGATIVE SELF-TALK
2. REMEMBER ITS ABOUT PROGRESS NOT PERFECTION
3. TAKE TIME TO LAUGH! USE HUMOR TO PUT YOUR PROBLEMS IN PERSPECTIVE
4. STOP OVERBOOKING—SAY NO! AVOID SITUATIONS OR PEOPLE YOU REALLY DO NOT ENJOY
5. TAKE TIME TO SMELL THE ROSES. SLOW DOWN, ALLOW SOME TIME TO RELAX EVERY DAY. MAKE TIME FOR HOBBIES & INTERESTS
6. PRACTICE RELAXATION EXERCISES, MEDITATION, YOGA, DEEP BREATHING, OR VISUALIZATION
7. GET PLENTY OF SLEEP, EXERCISE AND MAINTAIN A HEALTHY DIET
8. HAVE FUN, COUNT YOUR BLESSINGS. TAKE ONE DAY AT A TIME!!

**Do you want to learn more about coaching?**

Visit [www.RLavinski.com/Published](http://www.RLavinski.com/Published)  
for coaching articles written by Rosemary.

**Are you a Helping Professional interested in learning more about Coaching?**

Visit [www.RLavinski.com/CoachingForCoaches](http://www.RLavinski.com/CoachingForCoaches)  
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**Could you benefit from group therapy?**

Get support and honest feedback from peers.  
Would you like a safe place to practice your communication skills and anger management?  
Group meets Mondays 6:15–7:45 PM in Manhattan.

**Are you procrastinating about the CSW Exam?**

Prepare for the State Exam with the best Social Work Exam Services. [www.TIAC.NET/USERS/SW](http://www.TIAC.NET/USERS/SW)  
New York Training Dates: 2001: Oct. 20, 21.  
2002: Jan. 12, 13; Mar. 23, 24; June 2, 9; Aug. 3, 4.

# It's about Time!



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## What to Say When Networking



Consider asking these questions the next time you meet a new networking contact:

- How did you get started in your field?
- What about your profession do you enjoy the most?
- What makes your organization stand out from its competitors?
- What advice could you offer to a beginner in your field?
- What major changes have you seen in your profession while you've been in it?
- What trends do you see coming in your field?
- What's the strangest or funniest event you've experienced in your career?
- What methods do you find work best to promote your business?
- What one sentence would you like people to use to describe the way you do business?

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