



MEANINGFUL LIVING

PSYCHOLOGY, LIFE COACHING & TRAINING

Meaningful Living

Newsletter

Issue September, 2015

Our Fresh New Face!

We are very excited to announce that Mental Wealth Therapy has rebranded to something more in keeping with what we have evolved into! Our work in the past has involved meeting the need in the community for those suffering with depression and anxiety, couples seeking help with their relationships and families needing somewhere to heal some wounds.

This of course will always be something we will continue to provide. However in the past few years we have expanded our services to involve corporate workshops on communication, talks on more successful human interaction generally and groups purely addressing what it is to be human in 2015 and beyond.

Additionally, we offer mentoring in all walks of life from looking for new career paths, different life meaning or simply a

life change. Our new name addresses this more thoroughly and we are very excited to embrace it as our new identity.

We hope you will continue to follow us and even more, to engage in all the different services we provide the 'everyperson' facing life in all its greatness and challenges.

A Little Bit about Change and Commitment by Karina Stell



By Clark & Vizdos

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That nagging soreness or discomfort within us often points us toward something that is working against our values. It is one of the wonderful gifts our feelings offer us when we tap in. Change is not always easy and falling back into old patterns can be alluring. But if we are really committed to change, it springs from consistent committed action – on an ongoing basis. It's all about how much it means to us. And that is something only we can decide.

What I noticed..... By Michael Cohn



Who am I during my day?

I wake up in the morning and I think I am me, whatever that means.

But when I try to pin down who 'me' is, it's not so clear. Am I a father or a husband or perhaps a confident man or maybe a frightened little boy or even a very sad soul? These are just some of the bits of me that I suppose I experience myself to be from time to time. There are many more 'me's' that show up during the course of any one day.

And then the thought strikes me that perhaps the people whom I am in contact with during the day are people exactly like me - fathers, mothers, single people, confident people, frightened people, sad people, lost people, and lonely people. Whom do they experience themselves to be?

Can I actually see them as mirrored personifications of who I am from time to time? And can I connect with those parts of them which resonate with me?

I wonder how to do that? I wonder also why I would wonder how to do that. And in the end I make a choice and connect anyway. That is where my life often starts - from this place of connection.

Where is the actual place of connection? Ah, that is the \$64,000 question.

I'll try to answer that in the next post but I'll leave you now with one observation. I am old! Very old. Apart from feeling like the nearly 70 years I have inhabited this body, I realize that I have lost touch with what once was. \$64,000 is not an awful lot of money today, but once

upon a time it was a stupendous amount of money, and TV and radio games would ask the "\$64,000 question" and the lucky contestant who got it right walked away with \$64,000 - enough with which to buy a house.

This is how much change I have seen in my nearly 70 years. What hasn't changed are these important questions that make up the foundation of what is most important for me. How can I make connections during the day so that I encounter my life as more engaged? How can I have more of the experience of feeling alive and present to the moment? How can I live a life that is less isolated than it sometimes is? See you here next month when I can share with you what I have discovered in my journey to understand these very important questions.



Questions I've been asked

By Jonathan Back

Q: How can I get rid of this feeling?

An interesting question!

From time to time, we all have painful feelings – and it is so easy to find ourselves wrestling and struggling with them. Our human tendency is to avoid them, or pretend/wish things would be different.

Unfortunately, avoidance and distractions may provide some temporary relief, but trying to get rid of, overlook, displace our feelings leaves us feeling even more disconnected.

Pushing away our feelings is like trying to hold down a basketball in a swimming pool – we struggle and protest and try to keep it submerged, but eventually it has to surface.

Acceptance and Commitment Therapy (ACT) does not have feeling or symptom reduction as a goal. This is based on the view that trying to get rid of symptoms and feelings actually creates the 'disorder' in the first place.

One classic way that we struggle is by judging or labelling our internal experiences e.g. "There is something wrong with me for feeling like this" – and when we hold this narrative, we start to reject both how and who we are.

Some time ago, I was asked to give a presentation at work - I was ANXIOUS. My well-intentioned peers gave me the usual "Don't worry you'll be fine" speech but that seemed to exacerbate things. A dear colleague of mine turned the tables by saying, "Why don't you go up there and be anxious...if that's how you are, then just be how you are".

I suddenly felt as though I had permission to be anxious. His comments didn't make it go away, but they allowed me to be, anxious and all.

So, it's not so much about getting rid of feelings, it's about embracing and allowing them like old friends, and seeing them for what they really are - harmless, transient psychological events.

You can submit questions to Jonathan via Jonathan@meaningful-living.com.au

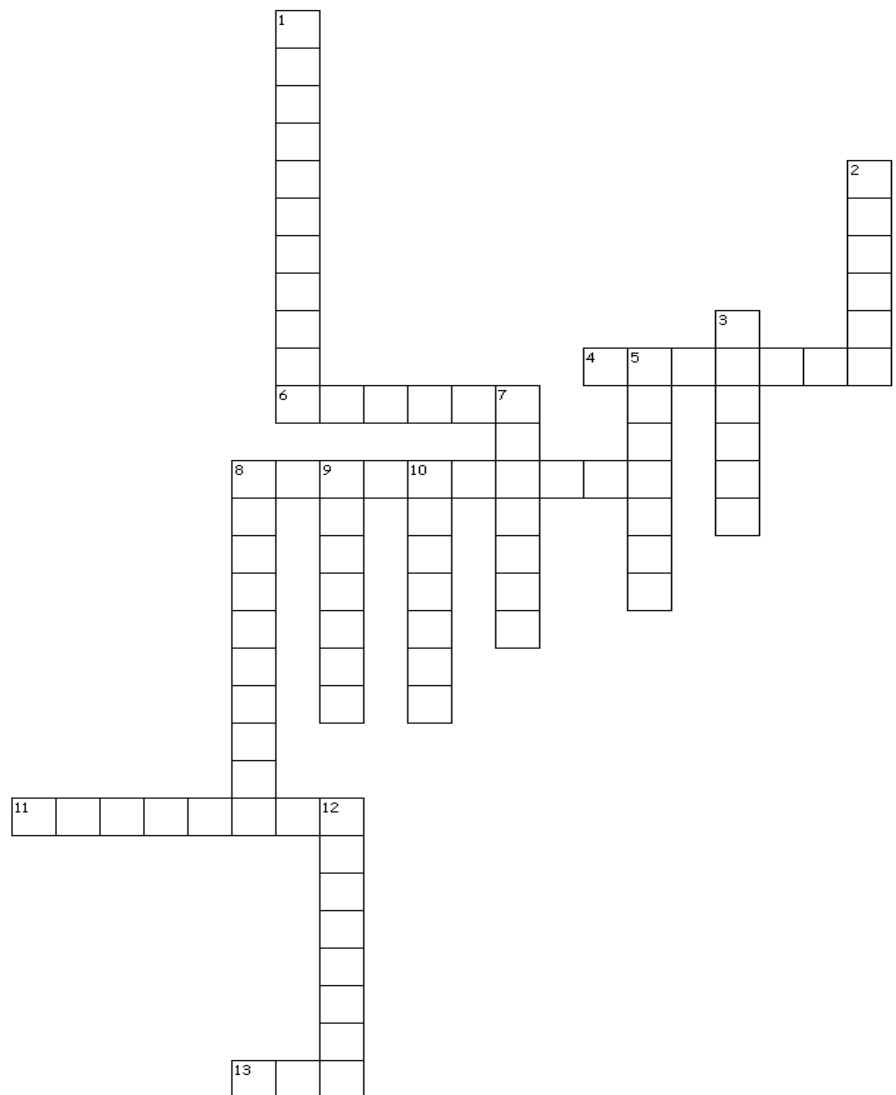
Welcome to this month's puzzle. Good luck!

Across

- 4. True understanding for how it might be for someone else
- 6. The space between what we feel and acting
- 8. Feeling for another
- 11. What we deal with in Group
- 13. Elation

Down

- 1. Being in the here and now
- 2. How often your Group meets
- 3. Our personal ideas of right and wrong
- 5. We probably all hope our life holds this
- 7. Feeling repulsion
- 8. When one person touches another emotionally
- 9. Your male facilitator's name
- 10. Fear
- 12. Feeling sorry for someone



Last month's solution: Terror; Disgust; Shame; Excited; Happy; Afraid; Sadness; Loneliness; Cold
 - Answer: Connect To Your Feelings