

Stress Bytes Newsletter

VOLUME 9, ISSUE 1

JANUARY 2010

"WHEN STRESS BITES, BITE BACK!"

THE NEWSLETTER OF ANNETTE VAILLANCOURT, PH.D.

LICENSED CLINICAL PROFESSIONAL COUNSELOR AND MOTIVATIONAL SPEAKER

Good News is Good for You!

At Christmas dinner a few years ago a friend wanted to turn on CNN to watch the news. I love that Wayne Dyer calls CNN "Constantly Negative News." I responded this way to my friend: "Let me shorthand it for you. It's BAD NEWS...and MORE bad news." So I quietly turned the TV off and sat down to a dinner with pleasant conversation.

What my friend didn't know was that I was protecting his health. Negative news affects our stress level and our mental and physical health. According to Dr. Andrew Weil "a number of studies have shown that images and reports of violence, death, and disaster can provoke changes in mood and aggravate anxiety, sadness, and depression, which in turn can have deleterious effects on physical health. Even frequent worrying can reduce immunity, making you more vulnerable to infection."

With so much access to the news via TV, radio, internet and now text messages delivered right

to your cell phone, people get the mistaken impression that things are getting worse and the end of the world must surely be coming. Nothing is further from the truth. The problem is that BAD news gets over reported, even reported in error, and GOOD news is under-reported and harder to find. Ever notice how corrections to false reporting don't make the front pages and hoaxes are more easily remembered and turned into "facts" just through sheer repetition?

The truth of the matter according to many Federal agencies and scientific reports is that things are getting much, much better. Consider the following facts. According to the FBI in 2008 violent crime was lower than it had been the previous three years. Between 1975 and 2005, violent crime decreased by 56% and property crimes decreased by 75%. The frequency of rape is down 85% from 1975. Juvenile crime is 40% lower than it was in 1994. Teen deaths from drunk driving are less than half of what they

were in 1975.

Just think of this: In the past 20 years the collapse of the Soviet Union occurred without violence. Nelson Mandela went from being imprisoned to becoming the President of South Africa. Further, UNESCO reports that the world literacy rate in 2009 has risen to 84%. The CDC reports that in 2005 the percentage of adult Americans who smoke declined from 42% to 21%.

Cont'd on Page 2

INSIDE THIS ISSUE:

Good News is Good For You!	1
Good News.....	2
-continued	
God Winks and Synchronicity	3
Book Recommendation	4



"Success is where preparation and opportunity meet. Failure is where they meet, but can't stand each other."

Annette Vaillancourt, Ph.D.
Licensed (Clinical) Professional Counselor
& Transformational Speaker
Phone: 1-877-949-5935
www.GotStressGetHelp.com
E-mail: Annette@GotStressGetHelp.com

Good News is Good for You!—cont'd

Interestingly, according to an evolutionary psychologist named Steven Pinker, the human race is growing kinder and gentler since the 17th century. In a 2008 Human Security Report, it was reported that deaths caused by terrorism have decreased 40%. The rate of genocide dropped 80%. The average number of soldiers killed in battles has decreased from 38,000 in 1950 to 600 in 2002. Also, free governments are increasing around the globe. In 2009 46% of all nations on the planet were free.

You've probably heard the expression, "Laughter is the best medicine." Norman Cousins wrote in his book, *Anatomy of Illness*, how he laughed his way out of physical pain by watching Marx Brothers movies and old episodes of *Candid Camera*. Even a simple smile will lower your blood pressure, boost your immune system, and releases endorphins (the body's natural pain killer).

According to Dr. Dan Shapiro, taking a break from the news is a good way to lower your stress. I also encourage people to actively seek out good news and laughter. Sources of good news and laughter include:

- The Funny Times, a newspaper of jokes and comics.
- Yes magazine (yesmagazine.org)
- Good New Economist (goodnewseconomist.com)
- Positive Economic News (positiveeconomicnews.com)
- Ode magazine (odemagazine.com)
- Great News Network (greatnewsnetwork.org)
- The TED conference - talks by great thinkers (www.ted.com)
- Ode magazine (www.odemagazine.com)
- World Transformation (www.worldtrans.org)

Inspirational books and movies are also great de-stressors. I particularly enjoy the Spiritual Cinema Circle movies. I recently joined a MeetUp group who gathers once a month to watch and discuss films with uplifting messages. YouTube is also a source of inspiring short videos and videos of comedic performances. Why not plan a regular gathering of family and friends to share good stories, uplifting books or movies? Your body and mind will be refreshed.

Annette Vaillancourt, Ph.D. is a Licensed Clinical Professional Counselor with office in Carbondale, Illinois and St. Louis, MO. 1-877-949-5935.

Back issues of these newsletters are available at <http://www.gotstressgethelp.com/StressBytes.htm>

Past topics include:

- I'll See It When I Believe It
- Emotional Eating: 101
- Matters of the Heart: Marital Bliss or Abyss?
- Don't Believe Everything You Think
- What's in Your Shadow?
- Success and Abundance Aren't Just for the Lucky!
- No More Excuses
- The Secret to a Productive Depression
- And many more!

God Winks and Synchronicity

Recently I read a series of books by Squire Rushnell based on his idea of coincidences that show us our path and reassure us that we are going in the right direction and that we are being watched over and are not alone. He calls these coincidences, “God Winks.” Rushnell says these “winks” are everywhere all the time, we just have to look for them. He says they are especially present when you are in a time of transition in your life.

Carl Jung, noted Swiss psychologist, refers to something similar with the concept of synchronicity. Synchronicities go beyond mere coincidence in the sense that the events or messages are meaningful to you. For example, you are thinking about a friend you haven’t heard from recently and the phone rings and it’s her/him. Or you are walking down the street wondering why someone treated you poorly and you glance over and see a sign in front of a church that says, “It’s not about you.” (This one actually happened to me.)

Today a friend of mine called to talk. In the course of the conversations over the past week she had been talking about the need to manifest some money in a hurry. While we were on the phone, she opened a drawer and found \$500 she had hidden away some time ago. In addition, she opened a bank statement and discovered that she’d made an error in balancing her checkbook and had another \$900 that she didn’t think she had. So, in one day, without working, she had manifested \$1400!

I have had similar financial “God Winks” occur. A couple of years ago, I wanted to open a mutual fund, but needed \$3000 to do so. I thought it would take me awhile to save up the money, when out of the blue my oldest brother called to tell me he was going to be sending me two checks in the next month for my share of the sale of my mother’s house. The total = \$3000! Just the amount I needed.

Another time I was thinking about going to visit a friend, a musician, who was playing a gig at a winery. I was undecided until I heard Van Morrison’s song, “Brown-Eyed Girl” on the radio. That was the song my friend and I had danced to at that same winery a few months ago. I took that as my sign to go. It was a good thing that I did. Not only did we have a nice time, but he invited me to go to a party with him that evening. It turned out that he had the dates mixed up, so when we arrived, there was no party. While sitting in the parking lot deciding what to do next my cell phone rang. It was my youngest sister, who blurted out that my brother had just died. I was so grateful to have been with my dear friend and not home alone when I heard that sad news.

Exercise: Think back to a time in your life when you felt like God winked at you by giving you a sign or message that comforted you or that showed you were on the right path. Share the story with someone else and ask them about their God Winks.

**IF YOU WOULD LIKE TO RECEIVE OUR FREE NEWSLETTER VIA EMAIL, PLEASE SEND
AN EMAIL TO ANNETTE@GOTSTRESSGETHELP.COM
WITH THE WORDS**

“SUBSCRIBE TO STRESS BYTES” IN THE SUBJECT LINE.

COPYRIGHT © 2010. ALL RIGHTS RESERVED.

Annette Vaillancourt, Ph.D.
Licensed (Clinical) Professional Counselor
& Transformational Speaker
Phone: 1-877-949-5935

Schwartz Building
231 W. Main, 2W
Carbondale, IL 62901
Phone: 618-549-5935

And
1040 Dautel Lane
St. Louis, MO 63146
Annette@GotStressGetHelp.com



The Stress Doctor is IN!!!

“A STRONG POSITIVE MENTAL ATTITUDE WILL CREATE MORE MIRACLES THAN ANY WONDER DRUG.”
PATRICIA NEAL

“WE HAVE BEEN TAUGHT TO BELIEVE THAT NEGATIVE EQUALS REALISTIC AND POSITIVE EQUALS UNREALISTIC.”
SUSAN JEFFERS

“AN AFFIRMATION IS A STRONG, POSITIVE STATEMENT THAT SOMETHING IS ALREADY SO.” - SHAKTI GAWAIN

“THE POSITIVE THINKER SEES THE INVISIBLE, FEELS THE INTANGIBLE, AND ACHIEVES THE IMPOSSIBLE.”
ANONYMOUS



“When opportunity came knocking, I couldn’t hear it because I was listening to my success tapes.”

ANNETTE VAILLANCOURT, PH.D.

- Gently helping individuals, couples and groups resolve personal problems, manage stress, and reach their full potential since 1990.
- Specializing in Women’s Issues and Stress Management
- Emotional Freedom Technique, PSYCH-K®, EMDR
- Call 1-877-949-5935 to set up an appointment
- Visit our website at www.GotStressGetHelp.com

Dr. Vaillancourt is available for staff retreats and public speaking.

BOOK RECOMMENDATION

Pronoia is the Antidote for Paranoia: How the Whole World is Conspiring to Shower You with Blessings—Rob Brezsny

“With *Pronoia*, renegade wizard Rob Brezsny presents an irreverent manifesto, mixing activism and optimism. It reads like the I Ching on Ecstasy and is as insightful and puzzling as a Zen koan.”—*Body + Soul*

“This wild, wise, and subversive book is a must read for those who want to live a more imaginative and free life . . . Rob Brezsny is a Culture Hero.” —Utne Reader

“With this work—an instant pop classic—Rob Brezsny offers a positive, participatory, proactive vision of the workings of our inner and outer universe, which will only give us as much pleasure, love, and ecstasy as we are prepared to accept.” —Daniel Pinchbeck, author of 2012: The Return of Quetzalcoatl

To purchase this book, go to <http://www.gotstressgethelp.com>