

# Thinking Out Loud

A Quarterly Newsletter

*Debra Joy Goldman, MS, LMHC*

Individual, Couple & Group Therapy

[www.debrajoygoldman.com](http://www.debrajoygoldman.com)

561.844.1340

Volume 2 ~ Issue 6 ~ Spring 2010

Published Quarterly

## IN THIS ISSUE:

- Start your day – Stress-Free
- **Free 15 minute phone consult**
- Imagery Exercises
- **How to subscribe to this newsletter**
- A Good Night of Sleep leads to better health
- **Relaxation exercises to help you get to sleep**
- TIPS to get your SPOUSE to HEAR YOU
- **The release of my first book**

## HOW TO BEGIN YOUR DAY ... STRESS-FREE

Reducing stress can be good for you and for your marriage. Here are seven quick and easy ideas for you and your spouse to employ for a stress free start to your day. Every morning invest 3-5 minutes to begin your day with one of these exercises. Employing these will enable you to start your day from a balanced, stress free perspective.

1. While in the shower, imagine the water is washing away any fears, tiredness, or feelings that are counterproductive to your day.
2. When selecting your clothes to wear each day, pay close attention to the colors that attract you and wear them. Close your eyes for a moment and see yourself dressed for the day, then choose those colors and styles.
3. Stay in the moment, don't allow yourself to become overwhelmed by focusing on the entire day ahead.
4. Take 10 deep breaths, breathing out what you no longer need, breathing in what you need.
5. Stretch or exercise. Seeking an outdoor environment increases effectiveness. This area, in which we live, has many beautiful local parks and there may be one in your neighborhood.
6. Sit outside for a short time and pay attention to the sights, sounds, smells and feel of the morning. Pay attention with all your senses; be thankful for the day.
7. Using IMAGERY exercises like this will help you to cleanse or set your intentions for the day. See more on IMAGERY exercises on next page.



Do you feel your life; relationship or attitude could use some improvement?

I provide individual, couples, and group counseling.

A free 15- minute phone consult is available for new clients. Let's talk today.

**FREE PHONE CONSULT  
561-844-1340**

*To subscribe to this newsletter visit [www.debrajoygoldman.com](http://www.debrajoygoldman.com) and submit your e-mail.*

# Thinking Out Loud

A Quarterly Newsletter

Page 2 | Volume 2 ~ Issue 6 ~ Spring 2010

[www.debrajoygoldman.com](http://www.debrajoygoldman.com)

561.844.1340

## IMAGERY EXERCISES

Utilizing imagery exercises results in cleansing, centering, and balance. I suggest you use images that are associated with the four universal elements: water, fire, air, and earth.

You can wash (cleanse) away with water, you can burn away with fire, can blow away with air, or you can bury something in the earth. Use whatever image soothes or attracts you for the moment. Remember that there is no right or wrong here and if you pay attention to your own inner directions about which image attracts you each day, these exercises will be effective for you.

In an imagery experience when you see gems or stones with predominant colors that are associated with healing; whenever possible, wear those colors or items that day. This will help you to remember and carry those healing feelings throughout your day.

The most effective changes come with a change in your attitude. You can change your attitude even when the environment and situation are beyond yours to change. Monitor the patterns and habits of your thoughts, and correct them with IMAGERY as you become aware of the ones that create unbalance and distress.

LINK:

[http://www.associatedcontent.com/article/2654753/how\\_to\\_create\\_your\\_own\\_imagery\\_for.html?cat=72](http://www.associatedcontent.com/article/2654753/how_to_create_your_own_imagery_for.html?cat=72)



*Imagery will help  
you alleviate Stress*

**If you would like more guidance about this and other ways to bring more peace and balance to your life, you can contact me by calling: 561-844 -1340.**

**THE GOOD NEWS IS:** You now have seven ideas and imagery exercises to help you start your day stress free. Which one are you going to pick to get started?

To insure that you receive my newsletter online; please visit my web site and subscribe for free:

[www.debrajoygoldman.com](http://www.debrajoygoldman.com)

## *A good night of sleep leads to better physical and emotional health*

Having trouble sleeping? You are not alone. Many people suffer from insomnia, defined as any sleeping problem that causes you to get out of bed each morning without feeling refreshed. It indicates that your sleep is inadequate. Some examples include difficulty falling asleep, waking up too early, waking up intermittently during the night, or simply waking up and not feeling rested nor refreshed.

*The causes of insomnia usually fall into one of three areas: Psychiatric (depression for example), medical issues, or lifestyle factors.* Developing healthy sleep habits is an important part of getting a good night of sleep. Here are some ways to have healthy sleep habits without taking a sleeping pill:

- 1. A partner's sleep habits will affect you. If they are a restless sleeper, snore, or prefer the room a different temperature, this can keep you awake. Consult your doctor about sleep problems (snoring, insomnia, etc), earplugs, compromise, and attitude adjustments can help.**
- 2. Follow a regular routine, go to bed and wake up at roughly the same time each day.**
- 3. Sleep in loose comfortable clothing in a comfortable bed.**
- 4. Eliminate sources of noise or bright light that disrupts your sleep.**
- 5. Cut down on caffeine especially during the last part of your day.**
- 6. Maintain a comfortable sleeping temperature in the bedroom.**
- 7. Avoid heavy meals and alcohol before bed.**
- 8. Exercise daily**
- 9. Seek a therapist to teach you relaxation skills to quiet the mind, and relax the body.**
- 10. Examine your thoughts and attitudes about sleeping. Challenging and changing your thoughts about your sleep experience can help you get a good night sleep.**

# Thinking Out Loud

A Quarterly Newsletter

Page 3 | Volume 2 ~ Issue 6 ~ Spring 2010

[www.debrajoygoldman.com](http://www.debrajoygoldman.com)

561.844.1340

## RELAXATION EXERCISE TO HELP YOU SLEEP BETTER

**We have often heard ourselves (and others) say, "my mind was churning and spinning last night and I couldn't fall asleep".**

Try this marvelous exercise developed by Dr. Gerald Epstein to relax your mind. While lying in bed with your eyes closed, breathe out a long breath through your mouth (as if blowing out candles on a cake), and then breathe in normally through your nose. Repeat this breathing technique three times.

See, sense, and feel yourself walking into a beautiful meadow. Hear the sound of a stream coming from the right. Follow the sound and see a stream. The water is clear, clean, and cool. Next to the stream see and feel the soft green grass, and beautiful colored flowers. Lie down in the soft comfortable grass. You feel relaxed and peaceful.

When a thought comes into your mind, pick a flower, put the thought in the flower. Put the flower in the stream and watch as the water carries it further and further away. Watch until the flower can no longer be seen. If another thought comes into your mind, pick another flower and follow the same actions. Continue to see, sense, and know that you are lying in the comfortable soft grass.

LINK: [http://www.ehow.com/how\\_5939873\\_yourself-sleep.html#](http://www.ehow.com/how_5939873_yourself-sleep.html#)

## HERE ARE 3 THINGS TO HELP YOU BE HEARD IN YOUR MARRIAGE

While the phenomenon of being a poor listener is not exclusive to only the husband in a marriage, in my 20+ years as a marriage counselor, I can say it is more common for husbands to have more difficulty hearing their wives than vice-versa. It goes something like this. The wife is upset and begins to talk to her husband. The husband hears her saying: "blah blah blah, you are wrong... blah blah blah, I am not happy with you... blah blah blah". This is true even if the wife is not saying anything remotely close to those words. As long as she is feeling unhappy, and anxious, this is what the husband will hear. His perception becomes his reality.

Here are three things you can do that will help:

1. **Talk with your husband while engaged in an activity that brings you side by side.** Research shows that men are more relaxed and receptive when engaged in an activity. Visit a park or the beach or some other low cost fun activity that will provide you a healthy venue to connect.
2. **Use the "soft start up" approach. Instead of "you never take me out any more", try something like,** " the last time when we went to the movies I had so much fun, so when can we go again?"
3. **Use alternative forms of communication.** Touch, writing notes, and modeling the behavior you want (if you want your husband to exercise, you go exercise).

**THE GOOD NEWS IS:** It is not usually communication itself that is the problem, rather simply the connection. There are many ways to connect with your spouse without talking.

**LINK:** <http://www.examiner.com/examiner/x-16160-West-Palm-Beach-Marriage-Examiner-y2009m9d18-marriage-101-take-a-walk-together>



## How to Have More Love and Fulfillment in Your Relationship

By Debra Goldman, MS, LMHC

DATELINE: North Palm Beach, FL - Spring 2010

According to psychotherapist Debra Joy Goldman couples can improve their relationship with simple small changes. Her new book, due out this spring, instructs how to have more love and fulfillment, and offers inspirational and motivating techniques to improve your relationships. The book will be available at Ms. Goldman's office in North Palm Beach, and online at her website: <http://www.debrajoygoldman.com>.

With more than 20-years experience in private practice treating couples and individuals, Debra brings a wealth of knowledge and experience to the important topic of relationships. Her writing is easy to read and understand. The book will provide insightful, actionable ideas to assist you in your endeavor to have the love and fulfillment that you want.

*I am very excited to publish this book and to be able to share so many wonderful success techniques with so many people. I hope you hear from you soon if I can assist you!*

*Debra Joy Goldman*