

# 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 8 ~ Fall 2010

Published Quarterly

## Seven Ways to Calm Down Quickly

### IN THIS ISSUE:

- Seven Ways to Calm Down Quickly
- **Free 15 minute phone consult**
- How to subscribe to this newsletter
- **Marriage: A Renewable Contract**
- A sampling from Debra's new book, *Love in Action: A Manual for Lasting Love*, and where to purchase your copy

Today we all have a great deal of stress. Unemployment, home foreclosure, cutbacks at work, businesses closing, marital problems, divorce and so on. Your stress may be leading you into distress. This can be hard on your body and on your mind. Try any one or all of these tips and see if you can help yourself to calm down quickly.

1. **Ask yourself: "Is this a true emergency?"** A true emergency means you are experiencing an imminent threat to your life. Most situations are not true emergencies. Everyday problems like a fight with your spouse, your car breaking down, an unexpected bill and so on, often feel like an emergency. You feel anxious, your heart races, your mind gets foggy and you are overwhelmed.

All of the above problems are false emergencies. Although none of these problems are welcomed, they are not immediately life threatening. When you ask yourself if this is a true emergency, and answer no, you will immediately start to calm down. Most daily problems are false emergencies.

2. **Breathe.** The first thing you naturally do when a problem occurs is to tense up and hold your breath. When you hold your breath you build up carbon dioxide in your lungs and you cannot take a deep breath. This increases anxiety.

To calm down, start by breathing out through your mouth. A long slow breath out, like blowing out candles on a cake. Then breathe in normally through your nose. You can do ten of these breaths (a long slow exhale through the mouth and a

*(Continued 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 8 ~ Fall 2010

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

561.844.1340

## Calm Down Quickly (Contd.)

regular inhale through the nose). This way of breathing will help you relax and calm down.

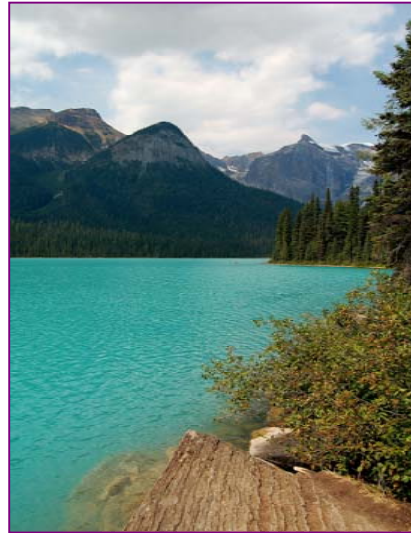
3. **Go outside.** Listen to the birds, look at the sky, smell the air, feel the sun. Research tells us just five minutes outside helps you come into a state of balance.

4. **Listen to music.** Your heart rate and blood pressure responds to music. Put on some soothing slow paced music that you enjoy. Your blood pressure and heart rate will slow down and you will feel better.

5. **Imagery.** Use your imagination to focus on a calming image. The secret is to use all your senses. See it, hear it, smell it, touch it, sense it, know it. The image you use is personal for you. Ask yourself what your image is for calm. Close your eyes, do the breath you learned in #2 above, and focus on your calm image for 3-5 minutes. You will feel more relaxed.

6. **Count to ten.** This old advice holds truth. When you count to ten you give yourself a pause between the feeling and any action. During this pause you focus your attention on the counting. This focus and pause can help you to calm down before acting (action which may escalate the situation).

7. **Write in your journal.** Some people find that writing about a problem helps them to discharge the anxious feelings, and gain clarity about the situation.



*Just five minutes outside helps you come into a state of balance*

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**

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

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

## Marriage: A Renewable Contract

When you said your marriage vows you promised, "till death do us part". Closer to reality is the idea that marriage is a contract that needs to be continually renewed. Deciding to stay married can be a complicated process. The following quotes illustrate the point.

*One advantage of marriage is that, when you fall out of love with him or he falls out of love with you, it keeps you together until you fall in again. ~Judith Viorst*

*A successful marriage requires falling in love many times, always with the same person. ~Mignon McLaughlin, The Second Neurotic's Notebook, 1966*

*In every marriage more than a week old, there are grounds for divorce. The trick is to find, and continue to find grounds for marriage. ~Robert Anderson, Solitaire & Double Solitaire*

All marriages inevitably go through tough times; the commitment of "marriage" can help you make it through tough times. There will be times you cannot stand each other. There will be times you think you cannot stay together another moment. There will be times when you have conflicting feelings about staying and leaving. Part of you wants to stay and part want to leave. Do you relate?

Ending a marriage can feel scary; staying in a marriage that is not working can be scary, too. When you have children and a shared history there is a great deal at stake. Remember that you have choices. It helps to talk with a neutral party, or a therapist.

**THE GOOD NEWS IS:** You have the choice to renew your marriage contract and find the love again.

# Thinking Out Loud

A Quarterly Newsletter

Page 3 | Volume 2 ~ Issue 8 ~ Fall 2010

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

561.844.1340

## Here is some exciting news:

Debra Joy Goldman has published her first book! If you have been enjoying her newsletter then the book will be even better.

A comprehensive book that covers traits of happy/healthy relationships, cycles and stages of relationships, tools for change for husbands, wives, individual and couples and a section on some special problem areas in relationships (sex, money, affairs, addictions, mental illness). Written in an easy to understand conversational style, this book provides inspirational and motivating techniques to improve your relationships.

Here is a small sampling of what is in the book:

### Traits of a Happy and Healthy Marriage

- Twelve symptoms of marital happiness
- Ten attributes of a healthy relationship
- No perfect marriages, only perfect moments ... plus more

### Stages and Cycles of Marriage

- How does having children affect your marriage?
- What happens after the kids leave?
- How to survive the ups and downs of marriage ... plus more

### Tools for Change

- How to stop your thoughts from keeping you stuck
- Finding your own voice in your marriage
- Eight steps to peace of mind
- Want a happy wife?
- Want a happy husband?
- How to evaluate your marriage in five minutes
- You've got to learn to laugh...It's the way to true love
- It is the small things that make a marriage work
- How can you be married and still date? ... plus more

*(Continued on right column)*



### Problem areas in Marriage

- Money and marriage...If only we had more money
- Domestic violence: what it is and where to get help
- How do you survive when your spouse suffers from an addiction?
- Four tips: What to do when your spouse has a mental health problem
- How your childhood affects your marriage
- Sex - how to deal with differences in desire
- Five keys to heal infidelity ... plus more

With more than 20-years experience as a psychotherapist in private practice treating couples and individuals, Debra brings a wealth of knowledge and experience to the important topic of relationships. This book will provide insightful, actionable ideas to assist you in your endeavor to have the love and fulfillment that you want and deserve.

Local North Palm Beach psychotherapist Debra Joy Goldman says, "I am very excited to publish this book and to be able to share so many wonderful successful techniques with so many people".

***Love in Action: A Manual for Lasting Love is available at [debrajoygoldman.com](http://debrajoygoldman.com), [amazon.com](http://amazon.com) and at Debra's office in North Palm Beach Florida, 561- 844-1340.***