

Icy Fingers

We have all experienced them. Sometimes they were the result of a fun loving child as he touched your warm skin and giggled as you jumped in surprise. However there are also those icy fingers that creep into the mind and keep you awake just when you desperately need rest.

One of those fingers is the cold finger of conflict either internal or conflict with family, friends, loved ones and of course yourself. Another very widespread one, is the cold finger of anxiety over health problems, and of course death. The fact is, our bodies are falling apart and deep inside, we know it.

We are anxious about trying to fix it but deep inside we know there are some thing in life we just can't fix. The doctors can't fix them, the church or a minister can't fix them, a counselor can't, a mate or friend can't. No one can no matter how much they would like to and the result is we have great anxiety about the inevitable.

There is nothing wrong with realistically acknowledging and trying to deal with the identifiable problems of life. To ignore danger is foolish and wrong. But it is also wrong, as well as unhealthy, to be immobilized by excessive worry. Anxiety and worry is like a rocking chair, it gives us something to do but doesn't get us anywhere.

One of the usual responses other people have when encountering someone who is struggling with anxiety is to tell them, just don't worry about it. Sounds rather superficial doesn't it?

The greater question is, how can we exchange our rocking chair for a bicycle? We want to leave a vehicle that is getting us nowhere for one, that although may be hard pedaling, still allows us to make some progress. In other words getting the emotional support you need

How about these words of encouragement to get started. Ask yourself, Can worry make you live longer? Then you may need to remember what you already know is true. Each day has enough trouble of its own. Don't forget, worry never robs tomorrow of its sorrow, it only saps today of its joy.

As you read this you may be wondering about some practical suggestions to help get you started on the road to victory over anxiety. You might want to consider the following;

Learn to accept that some things are beyond your ability to control. Much of what we are anxious about are the things we can't handle. If we could handle them, we would do it and then we would have nothing to be anxious about

Keep in touch with your emotions. Pretending you don't have feelings of anger, sadness, anxiety or loneliness will just push these feelings down until they come back out in negative ways just the time when you need positives.

Don't hold on to anger or grudges. Instead, to help relieve anxiety, fear and anger think about these words

"Life is too short. Grudges are a waste of perfect happiness. Laugh when you can, apologize when you should, and let go of what you can't change. Love deeply and forgive quickly. Take chances. Give everything and have no regrets.

Life is too short to be unhappy. You have to take the good with the bad, smile when you should, love what you got and always remember what you had. Always forgive but never forget. Learn from your mistakes but never regret

Finally, learn to laugh at life, the good, bad, ugly, and of course learn to laugh at ourselves. This exercise every day will go a long way to reducing stress and anxiety.

Humor is infectious, when laughter is shared, it binds people together and increases happiness and intimacy. In addition joy and laughter also triggers healthy physical changes in the body.

Humor and laughter strengthen our immune system, boost our energy, diminish pain, and protect us from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

I would think that although these are not cut and dried answers that just fall into place, they may help you pry those icy fingers of anxiety off your throat so you can breathe freely, till you breathe your last breath

If you have any questions, you can find out more about our program in Cortland County NY by calling Caring Community Hospice of Cortland 607-753-9105 or visiting www.cortlandhospice.org (See our Web Link Page)