



16 Secrets to Relaxing During a Recession

By Doris Jeanette

Holistic Psychologist, Doris Jeanette is the author of "Opening the Heart," "Overcome Anxiety Naturally" and 12 other self-help products. Happily self-employed since 1977, she has grown her business and life through several recessions. She is also the director of the Center for the New Psychology, founder of www.drjeanette.com; radio host of Live at the Edge at newvoices.com and her popular, free weekly newsletter "The Vibrant Moment" has inspired thousands for seven years. She directs The Holistic Psychology Mentoring Program for people interested in learning both holistic psychology and business skills.
(<http://www.drjeanette.com/mentorprogram.html>)

Are you worried and anxious about your financial future? Are you insecure about your social and personal future?

If so, put all the recession anxiety and economic woes into proper perspective. Turn off the TV news, which is scaring you to death and stop listening to your inner critic tell you how bad everything is and how awful you really ARE!

"Take a look at reality"

You do not need to react or defend, simply take a look at reality.

Your savings might be half gone but you still have many positive, wonderful, loving things in your life you can focus on.

"Focus on results"

Consider all the wonderful natural talents and innate gifts you possess. They can be developed so you have what you need to survive and flourish during this recession and far, far beyond.

All you have to do is focus on the results you want and take the actions you need to move forward.

"Take action"

For example, perhaps you have more free time now and can finally do some of the creative things you have been putting off for years. In your free time you could choose to develop your intuition and cultivate new skills.

An investment in yourself is the very best investment you can make during any time period.

The more you invest in yourself, the less anxiety you will have in the good times and the bad times! With less anxiety you will definitely reach your goals and succeed in all areas of your life.

"Invest in yourself"

If you have already been investing in yourself, notice how good it feels to be less anxious than your friends who have not put time, energy or money into self-improvement over the years!

During my 33 years of experience helping people with anxiety, I know the outside world is affecting your inside world right now. Yes, I know that when the people around you panic, their panic triggers off your internal panic.

"Never judge yourself about being anxious"

Therefore, it is natural for you to be more anxious and upset than usual when the whole world is freaking out about money!

Please do not judge yourself about being anxious. Instead, help yourself.

You can take the necessary actions to reduce your anxiety and calm your nervous system before you freak out with everyone else! Just because everyone else is anxious does not mean you have to be.

"Recession is an opportunity"

If you show up for yourself during this recession in a new and different way, you will become stronger, happier and healthier! With each crisis in your life, you have a chance to go deeper and become more alive.

With each crisis in the outside world, you have another chance to develop yourself so you are stronger in the face of external factors. While you cannot alter the external panic, you can certainly master the panic inside of you.

"A life worth living is worth living well."

The recession is an opportunity. You can take advantage of the opportunity to learn how to flourish more in your personal and professional life. You can reduce your chronic anxiety so you are not so vulnerable to external factors during this recession and in the future.

A life worth living is worth living well.

Three Holistic Psychology Principles You Need to Remember

"Nourish the Keepers"

Separate the wheat from the chaff. Learn to notice and recognize the thoughts, the objects, and the friends in your life that are worthwhile and worth focusing on. The Object Keepers will be things you hold on to because you will use them in the future in a creative, essential or clever fashion. Thought Keepers are the ones that take you to your goals! Get rid of the thoughts that take you into the black hole. People Keepers are wonderful to hang out with because they inspire, encourage and support you! Birds of a feather really do flock together!

Take care of the wheat. Once you have identified the useable and healthy from the unusable and unhealthy, you need to throw away the unusable and unhealthy. Next you need to take care of the "Keepers." They need to be cultivated, milled and developed for future use. This means you need to show up and take action.

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"Follow desires"

Ask yourself, "What do I need to do to develop my natural talent so I can use it to make money, help others or myself?"

Have you been putting off listening to your heart? Have you been cultivating the abilities and gifts you were born to use? If not, now is the time to rive up the actions that will turn your wheat into flour.

Enjoy the Bread. After all your work and effort you can slow down and savor your cake or bread. Take time to enjoy the results f your labor every single day.

"Slow down and savor"

I love the Jewish, Challah bread, which is made with eggs and raisins. A few years ago, I was buying my weekly loaf in my neighborhood Jewish bakery, Irene's, in Center City, Philadelphia. Instead of Irene, her father was tending the store; he was a weathered Russian man. I started up a chat with him around my love of Challah.

He told me, "Ah, there is nothing like a fresh loaf of Challah bread." The emotion in his voice mesmerized me as I soaked up every word. He continued, "I love to take the loaf home and pull some soft, fluffy bread off the side. Then I spread some fresh, creamy butter on it."

"Yummy", I thought as I leaned toward the cash register and his warm, emotional expression.

"Then I spread some aged blue cheese on the butter. I mix them together. Ah... and then I slowly eat the Challah." I could taste the flavors and feel the textures as he was talking. I walked home and took his advice. To this day, I think of Irene's father every time I eat Challah.

It is most important to take time every day to enjoy your bread. Take time to enjoy everything else in your life that is worthy.

***"Enjoy yourself
without money"***

Remember to appreciate the people who raised the food, bought the food and prepared the food for you. Celebrate each little thing and enjoy each little step forward and your life will be a life worth living.

How to Keep Yourself Flowing and Glowing Through Anything

1. Do things that do not cost anything.

Look around you and your community for free events; there are usually tons of them in each town or village. If not, offer one for others to attend! If you are a musician give a free concert. If you are a psychologist, give a free talk. This is also a free marketing tip for your business!

2. Ask for help.

Ask others to help you with advice, support or suggestions. You need help. I need help. Ask for it and receive it. If you are not in a coaching, mentoring or mastermind group, join one or create one. Personnel research studies show that training, such as listening to a CD, improves your performance as much as 23%. If you add coaching, this escalates your performance to 88%!

3. Be quiet and still.

Sit with yourself in silence and notice what is going on inside of you and outside of you. Do not meditate, just be still and listen to what is there. Only in the silence can you become more aware. Silence shows you the truth. You can easily tell what is healthy and unhealthy if you are quiet and listen to what is really going in your mind, heart and body. This is a great way to become more aware of what is valuable to you and what is not valuable to you. In silence the "Keepers" become more obvious.

***"Look inward for
answers"***

"Relaxation is a natural skill you can reclaim"

4. Reduce your anxiety.

Anxiety impedes your performance more than anything else in the whole world. Just look at your favorite athlete. As soon as she tightens up just a little bit, her skills deteriorate rapidly. You cannot succeed in anything without consciously and deliberately relaxing your body. The foundation for all self-improvement is the removal of anxiety from the system. You must get the static out of the way before you can hear the station. Needless to say, anxiety is what keeps you from enjoying more pleasure in your life. So if your sensual life needs an upgrade, learn to relax your body! My "Overcoming Anxiety Naturally" course is an effective way to learn how to relax your body in the comfort of your home.

Even though I have been consciously relaxing my body since 1975 all this outside panic stuff "gets on my nerves too!" This means I continuously put into practice the wonderful things I learned from Joe Wolpe, MD, who started me on my lifetime habit of relaxation. In the "Overcoming Anxiety Naturally" course I share his wisdom and all the other secrets I discovered about energy and emotions.

(<http://www.drjeanette.com/anxietycourseonline.html>)

5. Feel your emotions and feelings.

"Feeling is fun"

Feeling your emotions is the fastest way to become more vital, alive and healthy. To help you access your emotions and feelings, practice my mantra, "Breathe and Feel." Breathe in a slow, deep breath and when you slowly exhale---feel. As you let go of your breath, feel what is inside of you and feel what is outside of you. Emotions, feelings, thoughts and false beliefs are quite different from each other. Anxiety is not the same as real fear. Feeling sorry for yourself has nothing to do with real hurt. Road rage is not real anger. With practice you can learn the

difference. Feelings always lead you toward more health and vitality! Road rage does not.

6. Let go.

"Letting go releases unusable stuff"

When you let go, you naturally get rid of the things that are unhealthy and unusable. Your rotten, unusable thoughts and garbage fly away from you. You didn't know you were holding on to the useless stuff, but you were. If you continue to practice the "Breath and Feel" mantra throughout your day, you will get the hang of letting go. If you need a guide to teach you how to let go consider going to sleep with the comforting companion, the "Opening the Heart" audio series. My calming voice leads you gently into letting go and instructs you in the "Breathe and Feel" method. (<http://www.drjeanette.com/tapes.html>)

7. Express your emotions and feelings.

"Expression is essential"

Once you recognize your emotions, as separate from your defensive thoughts and reactive behaviors, you need to express your real emotions. Write, draw, dance or act. Take a class you have always wanted to take. Go to the forest and scream. Try healthy emotional expression, it really works. Psychological research has shown that if you write about emotional pain for 4 days in a row for 15-20 minutes a day, it helps. Go for it! Start a journal.

8. Stay positive.

"Listen to your heart, not your brain"

The best way I know to stay positive is to focus on your successes. Your successes also help you stay in touch with reality. In my "Overcoming Anxiety Naturally" course this is an exercise I repeatedly stress: "Write down your successes everyday to help you remember what they are. Yes you do have successes even though you have not learned to notice them and compliment yourself. Your Inner Critic is always telling you about your failures. I ask you, 'Are you relaxed for one more minute today than you were yesterday? Yes, of course you are!'"

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If you want a guide to help you use writing to de-fang your Inner Critic listen to Emily Hanlon teach you how to use writing to leave your monster in the dust.

(<http://www.drjeanette.com/cds.html>)

"Be silly"

9. Play, be silly and have fun.

Do not take yourself too seriously. Laugh. Take a comedy improvise class at your local theater. Dress up for Halloween or the Mardi Gras for your next party. Play with the "The Self Study Guide to Colors and Sounds--- with Exercises," (<http://www.drjeanette.com/ebook.htm>) with a group of your intuitive, sensitive friends or family members. In reality, self-improvement is a great deal of fun, not even counting the positive outcomes you get!

10. Receive free self-improvement tips.

Once a week you can get a reminder to believe in yourself, along with information to help you be more alive and fulfill your purpose in life. My free email newsletter, "The Vibrant Moment" brings you a short, emotional hit weekly. Tips cover anything to do with emotions, effectiveness and energy. Join its worldwide readership of people actively engaged in self-improvement. Sign up at <http://www.drjeanette.com>

"Know your worth"

11. Know your own value.

"Being rich is not about money"

Remember you are investing in yourself because you know you have value. You know you are worthy and deserve the best life has to offer you. Being rich is not about money. It is about your health and your happiness. If your identity is based in money that means you will panic when your money disappears. Consider how secure you will be when you identify with your authentic self, which is your real power. This part of you has an energy, which no one can destroy or take away.

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12. Give to others.

"Give of yourself"

The feminine model of giving before receiving is a model the world will adopt some day soon. The giving model can eliminate the greed, which caused this worldwide recession. Greed is a form of panic. Greed occurs when people panic that they will not ever have enough, get enough or be able to keep enough. Secure people have enough money and use it wisely to serve their needs. In reality there is plenty of money for everyone. Greed is a sign of insecurity and lack of trust. Try giving first before you ask or take. The energy you send out will come back to you. Giving makes sure you have plenty of rich energy in the heart and in the bank.

"Flow so you can glow"

13. Go with the flow.

Do not fight or resist what is happening. Go with the natural, healthy energy and create flour from the wheat. Develop yourself and follow your natural energy flow toward richness of experience. Eat your bread and enjoy it. Sometimes it might not seem like you are going toward more brilliance, but you are.

Once when I was more than broke I splurged and bought the world's most expensive perfume. After listening to a radio interview with the woman who created a special perfume by following a formula written on the wall of one of the great pyramids, I found myself walking downtown. I came home with a tiny, glass, crystal vase of beauty filled with the golden, liquid magic based on this ancient Egyptian recipe. Surely I did not need to buy the worlds most expensive perfume-- especially right then --but I did.

"Smell everything and splurge"

I don't think it was an accident that I treated myself to this luxury gift during this time. I was transforming out of being a traditional psychologist into a new definition of a psychologist that I did not know yet. I was letting go and trusting my flow. Even though losing my secure money base, as a traditional psychologist was terrifying, I continued to trust the process.

The world's most expensive perfume affected my senses, my self worth and my health in a positive, uplifting way that money could not buy or define.

If you listen to yourself you will know what you need when you need it. Listen to your emotional self and let your heart lead the way. He or she knows the pathway to your soul. And your soul knows the true and deep purpose of your life. Open your heart and follow your authentic self to your soul.

If you go with the flow you will enjoy the journey as you face your fears and lay them dead at your feet. [Overcoming anxiety naturally](#) is the way to a rich and full life.

"Spend money on yourself in wise ways"

Preventive Measures for the Next Meltdown

14. Never stop investing in yourself.

Don't let anyone talk you into stagnation, apathy, non-worthiness or depression--not even your Inner Critic. Recognize your inner monster and tame those thoughts. (There is a CD called "Tame Your Thoughts" in the Holistic Psychology lecture series. <http://www.drjeanette.com/tameyourthoughts.html>. This CD is also included in the Overcoming Anxiety Course.) Invest in the education, tools and training you need so you can flourish and shine in any situation that pops up in the world. When you are self confident you can do what you need to do in a recession, a depression or any other unknown, unexpected problem. Being flexible, willing and creative will solve any problem at any time with anyone!

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"Learn to communicate with others"

15. Learn marketing.

Marketing is the best way to prevent anxiety and worry about what you will do if you lose all your money. Pick up the next penny you see on the ground and say, like Warren Buffet does, "This is the beginning of my next billion." No matter how low you go, you know you can get started with a new business, a new idea or a new product—right now! Marketing is fun, creative and effective. For more help with marketing check out my free resource page:

(<http://www.drjeanette.com/professionalresources.html>)

"If you share this report with your clients, they will appreciate you"

16. Share the secrets!

You're invited to pass this PDF report along to your clients, customers and friends, at no charge, as long as you keep the file intact. As my business mentor Marcia Yudkin says, "Blog about it, include the URL in your print or email newsletter or add a link on your web site. Print it out and mail it to a key contact with a sticky note on top." Your clients will appreciate you for thinking about them and they just might get a brilliant idea! Then for the rest of their life, they will remember you every time they use their brilliant idea! This report is available for download indefinitely at: <http://www.drjeanette.com/recession.html>