



## Why Wait? Be Happy Now!

October 2011

### My Message for You

Happiness may be the most sought after experience in the World. Yet,



- Only 39% of people report being deeply happy.
- 1 in 10 Americans are now taking drugs to combat depression.
- World Health Organization predicts that by the year 2020, Depression will be in the top two medical concerns in the world, second only to cardiac problems.

I'm Dr. Donna Daisy. In today's fast paced world, all of us face challenging circumstances that threaten our happiness - job loss, financial concerns, health issues, loss of a loved one. My message to you is this:

**“The human spirit is an amazing thing. Given the right tools and strategies, each one of us can live a rich, full, satisfying life, regardless of our circumstances.”**



### The Wisdom of Putting Yourself First

In a time when you barely are able to keep your head above water as you juggle all the demands of a fast-paced life, the thought of putting yourself first probably sounds ludicrous. There's barely time to take care of everyone else in your life. How can you even consider the care that you might be needing? Take a moment to consider this idea. You don't have time not to include self-care in your daily life. A major part of living a happy, healthy, productive life is recognizing the needs of your mind, body, and spirit, and then taking steps to meet those needs.

When I teach my coaching clients the importance of self-care, and the wisdom of putting yourself first, they often say, “But that sounds so selfish.” The reality is that putting yourself first is the least selfish thing you can do. When you take care of yourself, you will find that you are happier, healthier, and more able to be your highest self in your interactions with others. And you are more present and more able to take care of those who need you. Putting yourself first doesn't mean that you consider yourself more important than others. It is about being the best you that you can be in this world. In my

### Lecture Topics

- **Happier is Healthier!**  
Why Wait?  
Be Happier and Healthier Now!
- Aging With Vitality
- Master Your Stress Before It Masters You
- Mastering Your Mindset in Challenging Times
- How To Create The Retirement Of Your Dreams
- Training the Brain for Success
- How to Increase Positivity, Productivity, and Profitability in Your Workplace

### I AM PLEASED TO ANNOUNCE - -

**I am pleased to announce that I have expanded the scope of my practice to include strategies for how to:**

- **De-stress**
- **Rejuvenate, and**
- **Achieve peak performance**

**This is accomplished by bringing one's heart rhythms into coherence so that the body's systems**

own life, this wisdom held true while taking care of my husband, Charles, during the four years of his illness. If I had not taken care of myself through diet, exercise, rest, and even emotional and spiritual self-care, I wouldn't have had the energy or the attitude that I needed to be of help to him.

It is in developing a lifestyle of self-care that you renew yourself, strengthen your resilience, and enhance your personal and professional effectiveness. A high quality life requires a high quality you. There are many things that you can do in your daily life that improve your health and well-being. In addition to regular medical care, some of the most important are:

- **Practicing relaxation on a regular basis:** Relaxation is your body's built-in mechanism for reversing the damaging physiological effects of stress. Try the simple sitting meditation where you sit quietly with your eyes closed, breathe in deeply through your nose, hold it briefly, and release the breath through your mouth. Continue for fifteen to twenty minutes. This process serves to relax you, quiet your mind and counteract the negative effects of daily stress.

- **Regular exercise:** Lack of physical movement and lack of fresh air are closely linked to stress and exhaustion. Good exercise fuels your body, mind and spirit, and is an excellent means of gaining some control over the damage caused by chronic stress. If you aren't currently engaging in regular exercise, you might want to get suggestions from a trainer at your local gym. (Be sure to check with your doctor first!) It's also helpful to have an exercise buddy who not only makes exercise more fun, but holds you accountable as well!

- **Maintain a healthy diet:** You are at your best when you find a healthy balance of essential nutrients and caloric intake. A good resource for suggestions and guidelines for creating and maintaining a healthy diet is the Food Guide Pyramid which provides an outline of what to eat each day based on the Pyramid dietary guidelines.

- **Developing social support:** Stress studies have repeatedly shown that healthy social ties act as a buffer against stress by protecting people from the diseases that stress often causes. The mandate to "love your neighbor as you love yourself" is not just a moral mandate. It is a physiological mandate! Over the years, my dog walking friends have become a mainstay of my life, my health, and my happiness. Take time for friends. And don't forget to hug — a lot!

- **Connecting with your spiritual nature:** There are many ways to tap into the benefits of your spiritual life to increase the amount of happiness and joy in your life. I think of spirituality as a search for meaning in life through something larger than the individual self. This search is often expressed as people come together with the goal of helping others, such as the beautiful concert recently performed at the Moorings Presbyterian Church to raise money and awareness for the Shelter for Abused Women and Children. We all felt unified in a cause. We all cared. We all were very much connected with our spiritual natures.

Self-care may well be the key foundational piece for a rich and fulfilling life. When you put self-care at the top of the list, you are at your best. Life feels good. And, in honoring yourself and your own needs, you are giving the greatest gift

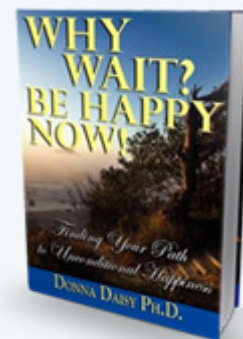
(cardiovascular, neurological, immune, etc) work smoothly and efficiently together. This practice is one of the quickest, most powerful and most sustainable methods of reducing stress and maximizing well-being.

If you would like to learn more about how you might benefit from these stress reduction methods, please contact me:

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**Dr. Donna Daisy is available for seminars, workshops and Keynote speeches.**

Visit Donna's website at [www.donnadaisy.com](http://www.donnadaisy.com) and click on **Meeting Planners** or Contact Donna at **239-403-9506** or by email at [drdonna@donnadaisy.com](mailto:drdonna@donnadaisy.com)



**FREE GIFT!! Let Me Hear From You!**

As I prepare materials for workshops and articles, I can better address your concerns if I know what is going on in your life.

I would love to hear a response from each of you to this question:

**In what area of your life would you most like to change the results you are getting (relationships, career,**

possible to others - - the gift of your highest self.

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## STRESS TIP FOR THE MONTH:

For many of us, every day situations can be our strongest stress triggers. Some of these situations include:

- Driving a car in rush hour
- Getting a last minute work assignment
- Waiting in a long line at the grocery store
- Misplacing something in the house
- Trying to plan a household budget
- Dealing with technical problems with computers, smart phones, iPads etc.

We often allow ourselves to go into a full-blown stress response (fight-or-flight) over these stressors. Over time, living in chronic stress can take a toll on your immune system, and your health can be compromised.

While we can't always control the stressors around us, we do have a choice of how we respond to those everyday stressors. The next time you find yourself sitting in traffic, or waiting in line, take a few deep belly breaths and relax.

**Remember the formula:**  
**S (stressor) – R (response)**

**The POWER LIES IN THE DASH** – the second or two right before you respond to the stressor. Use your dash to **CHOOSE A HEALTHY RESPONSE** to the stressor.

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### My Commitment to You

As you know, during my husband, Charles' illness, I made a commitment to share with others the mindset, tools and strategies that literally changed our life, allowed us to rise above our challenges, and live a rich, fulfilling life. I am now able to honor that commitment through my workshops, keynote speeches, my books, magazine and newspaper articles, and social media including LinkedIn, Facebook, Twitter, and my blog site.

Science has found the answers that make happiness and the achievement of our goals (career, weight loss, relationship, financial) within the reach of everyone. You don't have to change your genetics, have perfect circumstances or depend on other people to make you happy and fulfilled.

You can improve your relationships, and increase your health, wealth and happiness level dramatically by practicing daily habits of thoughts and behaviors that support happiness and success. It is these habits and behaviors that I teach in my book, **Why Wait? Be Happy Now!**

## financial, health, other?)

Please respond by going to my Dr. Donna Daisy facebook page, clicking on Discussion, and then writing your response on the wall. For each person who responds, I will send a free PDF copy of Chapter 1 of my book, *Why Wait? Be Happy Now!*

Just send me an email to [donna@donnadaisy.com](mailto:donna@donnadaisy.com) to let me know you responded and I'll send your PDF by return mail!

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## QUOTES TO INSPIRE YOU:

**Follow Donna on Twitter for More Inspiration.**



*"The real art of conversation is not only to say the right thing at the right place, but to leave unsaid the wrong thing at the tempting moment."* - - Dorothy Nevill

*"You don't have to see the whole staircase. You just have to take the first step."* - - Martin Luther King, Jr.

*"A 'No' uttered from the deepest conviction is better than a 'Yes' merely uttered to please, or worse, to avoid trouble."* - - Mohandas Gandhi

*"We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world."* - - Buddha

*"Forgiveness grows out of the wisdom of the heart, and forgiveness is the heart of wisdom."* - - Michael J. Temura

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