



dr. donna daisy & associates, L.L.C.

Helping People Get The Results They Want

Why Wait? Be Happy Now!

September 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.”



Stress and the Stock Market: Surviving the Emotional Roller Coaster

If you're feeling stressed these days, you're not alone. In a time of unprecedented stock market fluctuations, rampant unemployment, and shrinking retirement funds, many of us are feeling overwhelmed with anxiety and worry. The American Psychiatric Association (APA) 2008 Stress In America Survey reports that eight out of ten American's say that the economy is a significant cause of their stress. Everything I watch on television seems to kick-start me into a full-blown, adrenalin charged fight-or-flight response. The problem is that there is no one to fight and nowhere to flee, so my body just stewes in the adrenalin and cortisol generated by anxiety.

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

As you read newspapers and watch the daily news on TV, you are reminded on a daily basis of all the things over which we have no control. It is one thing to have occasional stressors that speed up your heart and rate raise your blood pressure a bit. Most of us have figured out ways to get those things under control. But chronic stress lasting over long periods of time takes a toll on your health.

Symptoms of chronic stress include, among other things,

- Difficulty sleeping
- Irritability
- Difficulty keeping your blood pressure under control
- Back or neck pain from muscle tension
- Over-eating or under-eating

If the stress continues, health related issues can worsen, including increased symptoms of depression and/or anxiety, and complications of other health issues such as heart disease and diabetes.

While there are many things you can't control in these times of threat to your financial security, there is always one thing you can control: Your response to the situation. A take-charge approach, a positive attitude and proactively taking steps to reduce your stress levels and protect your greatest asset of all – your health – is your best course of action. Here are some tips to help you regain a sense of control in an out-of-control world.

Cognitive/Behavioral Strategies:

Reframe your stressful situation. When written in Chinese the word crisis is composed of two characters. *One represents danger, and the other represents opportunity.* What you tell yourself about your situation can have a powerful effect on your physical and mental well-being.

Focus on “the good stuff.” No matter how bad things get, there is always good stuff – our health, our loved ones, the beauty of a flower in bloom.

Avoid people who are energy drains. Spend time with people who support you and care about you.

Avoid becoming “glued” to the TV. Keeping up with the news is fine, but focusing on every up and down of the stock market only increases your stress.

Remember the serenity prayer. “God grant me the serenity to accept the things I cannot change” is very good advice in these times of economic uncertainty. You can't prevent or change certain stressors (the death of a loved one or a national recession), so the healthy alternative is acceptance and making the best of a tough situation.

Make time for self-care. You are doing everything you can to make your situation better. Now it's time to reduce your stress by taking time for you.

- Rejuvenate, and
- Achieve peak performance

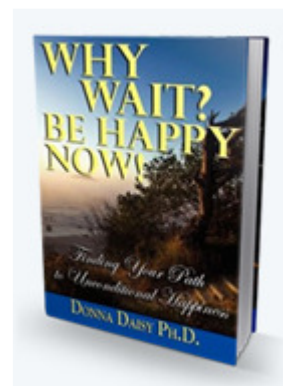
This is accomplished by bringing one's heart rhythms into coherence so that the body's systems (cardiovascular, neurological, immune, etc) work smoothly and efficiently together. This practice is one of the quickest, most powerful and most sustainable methods of reducing stress and maximizing well-being.

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 and click on **Meeting Planners** or Contact Donna at **239-403-9506** or by email at drdonna@donnadaisy.com



FREE GIFT!! Let Me Hear From You!

As I prepare materials for

Create a “worry time.” Break the habit of continuous worrying, and instill a new habit of delaying worry. Worrying about all of the terrible things that might happen in the future will only keep you from enjoying the present. Choose a set time and place for worrying, such as 20 minutes each evening from 7:00 PM to 7:20 PM in the living room. If a worry crosses your mind during the day, write it down and postpone it until your “worry time.” This is one of my favorite strategies as it keeps me focused in the present moment for the rest of the day!

Healthy Life Style Strategies:

Exercise on a regular basis. Physical activity plays a key role in reducing stress.

Eat a healthy diet. Your body needs nutrition to be at its best.

Get enough sleep. When you are well rested, you are better able to handle stress.

Limit caffeine and sugar. Caffeine can increase anxiety and interfere with sleep.

Cut down on or avoid alcohol and other drugs, and cigarettes. These forms of self-medicating are only a way to avoid dealing with the issues at hand.

Avoid over-eating or under-eating.

Relaxation Strategies:

Try belly breathing or heart-focused breathing. When you breath slowly and deeply, you gradually achieve relaxation of your body and then your mind.

Try meditation. Mindfulness meditation shows promise for anxiety relief, and compassionate meditation is thought to promote smooth heart rhythms and coherence of functioning of the body’s physiological systems.

Self-regulate emotions and reinforce relaxation by using one of the bio-feedback devices currently available to inform you of how your body is experiencing stress. I use a handy little hand-held device called an emWave to monitor my heart rhythms, gain a sense of control over emotions, and enjoy the mental and physical health benefits that accompany the coherence of all physiological systems.

ADDITIONAL ARTICLES YOU MIGHT ENJOY –

[Worry Less, Enjoy Life More](#)

[Deal With Anxiety and Get Your Life Back](#)

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, 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 to let me know you responded and I'll send your PDF by return mail!

QUOTES TO INSPIRE YOU:

Follow Donna on Twitter for More Inspiration.



"To get joy, we must give it, and to keep joy, we must scatter it." --John Templeton

"You will never reach the place where you will not need to be diligent about your choice of thought." - Abraham-Hicks

"The outer conditions of a person's life will always be found to reflect their inner beliefs." - - James Allen

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!**

"The last of the human freedoms is to choose one's attitudes." - Viktor Frankl

"People will forget what you said and forget what you did, but people will never forget how you made them feel." - Maya Angelou

"You cannot raise a man up by calling him down." -- William Boetcker

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