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- It's bad out there, no question. The headlines scream at us "The worst failure... Not since the Depression... Never before in our history." Of course you're feeling upset. These are horrible things to hear.

So how can we survive this economic crisis and catastrophic predictions of the future? Turn inward. In tough times, look back, look around and look inside. As a licensed Marriage and Family Therapist and a former journalist who spent more than two decades covering people and crises I have some suggestions for getting through the current meltdown.

ic downturns before, Black Monday, The Savings and Loan debacle and Midwest Farmers Crisis in the 80's. is to remember where you were and what happened to you. Did you lose money, your equilibrium, a job? Think back on your circumstances. Now consider what you suffered, but chances are pretty good you found a way to regroup. So I want you to spend the next few minutes ac-

The next step involves your own unique circumstances in your life. I don't care if you are 20 or 70 years old. overcoming your teenage years, failing a big exam, surviving a divorce, the loss of someone you love, loss of a job, career or business. If you are alive on this earth and you interact with society you have overcome and survived challenges along the way. Maybe you are resilient. Maybe you are determined and know how to persevere. Perhaps you can hold on to faith and hope. Maybe you are creative. Whatever tools and attributes you used to weather your own personal crises, you can use to help you now. These are your survival tools. Maybe it's time to remind yourself they are there, they are uniquely yours and they work.

Another effort you can make for yourself during this time is to practice gratitude. This means looking around your life and appreciating what you have at this moment. Maybe you have a family and you are grateful for them. Maybe you have good friends. It could be a job or your classmates, a pet or a plant. Take stock in what is in your

world right now, not what could happen or what you could lose; just appreciating what is with you right now. When you appreciate what is, you will not have the room or space in your thoughts to think about what might happen.

And the last step is TALK TO SOMEONE. This is a gift each of us can give ourselves. When we hold on to our worries they turn into stress in our bodies. Sometimes they come out in angry outbursts or feeling overwhelmed. Sometimes we get lethargic and depressed. So how do we avoid these symptoms? We talk to someone. When we talk about our worries we release them so they don't stay in our head and fester or shift to our body and shut us down. The act of sharing your thoughts, especially your worries helps you release the stress, and this is healing. It also gives you a chance to use your own personal survival tools we talked about earlier. When you release your worry thoughts, you make room for your resilience, determination, creativity and hope.

So who do you talk to? Anyone you trust. Talk to your partner. Talk to a friend. Talk to a mentor. Talk to a colleague. Talk to someone in your faith. Talk to a licensed professional. Just talk about it.

your past experiences are your track record. So when you hear the next piece of bad news, turn inward, you'll

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answer the following questions and submit your responses to mdrees@harbor.org.

1. Do you believe your employees are concerned
2. Do you believe they would be interested in attending a seminar at Symmetry Wellness or at

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8 **ÒÜÖÉÁ** [:Á *æ:c[^• []@æ*^æjÁ !^' ~çÁ àâ•^æ•^ÉÁ occurs when the lower esophageal sphincter does not close properly, allowing digestive stomach juices to creep back up into the esophagus. This rather unpleasant condition affects millions of Americans each year. As the last week of November is GERD Awareness Week, here are some fast facts for you to consider:

Dj^ æ^ ^ d The main symptom is severe heartburn, also called acid indigestion, which is a burning pain in the lower part of the mid-chest, behind the breastbone, and in the mid-abdomen. Some have even described it as feeling like symptoms of a heart attack, leading to many unnecessary scares each year. However, many adults and children with GERD will not have heartburn, but may experience trouble swallowing, asthma symptoms, and dry cough.

EYV4Rf dM The cause of GERD is largely unclear, although it is thought to be related to esophageal abnor-

malities such as a hiatal hernia. Obesity, pregnancy, and smoking are also thought to be factors that increase the chance of GERD. Foods such as chocolate, citrus fruits, drinks with caffeine or alcohol, fatty or -!â^âÁ- [[â•ÉÁ*æ!j&ÉÁ [}â [] •ÉÁ•]â&^Á- [[â•ÉÁ { â }çÁ'æç [!â } *•ÉÁ and tomato-based foods are often the main culprits in worsening the symptoms.

EcRæ^ V_e GERD can be treated by a variety of over-the-counter and prescription medications, as well as several lifestyle changes; these include not smoking, avoiding foods that trigger symptoms, losing excess , ^â* @cÉÁ , ^æ!â } *Á | [[•^!Á , ccâ } *Á & | [c@^•ÉÁ æç [âââ } *Á | ^â } *Á down within 3 hours of a meal, and raising the head of your bed 6-8 inches off the ground with blocks under the bedposts.

If you experience any of the symptoms above, contact your doctor for a check-up.

Source: National Institutes of Health (NIH)

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@ @ÉÁçâ•Ác@^Á•^æ• []Á~ [!Áâ } ' ~^ } :æÁc [Á!^æ!Ác•Á ~ * | ^Á head! The CDC estimates that 5-20% of the CE { ^!â&æ } Á [] [] ~ |æçâ [] Áâ•Áæ~^&c^ââ^ÁæÁ' ~ Áâ ~ *Á each year, resulting in over 200,000 hospitalizations and 36,000 deaths. One of the best ways to prevent æÁâ [~ çÁ , âc@Ác@^Á' ~ Áâ•Ác [Á^cÁçæ&&â } æc^âÉÁÁØ | ~ Á•@ [c•Áæ!^Á especially warranted in the following people:

1. Children aged 6 months to 19 years of age
2. Pregnant women
3. People 50 years of age and older
4. People of any age with certain chronic medical conditions
5. People who live in nursing homes/long-term care facilities
6. People who live with or care for those at high risk
 - a. Health care workers
 - b. Household contacts of persons at high risk for

& [{] |â&æçâ [] •Á-! [{ Ác@^Á' ~ c. Household contacts and out of home caregivers of children less than 6 months of age

QcÁâ•Áâ {] [!cæ } çÁc [Á!^ { ^ { à^!Ác@æçÁ' ~ Á•@ [c•Áæ!^Á } [çÁ- [!Á everyone. It is recommended that you speak with your â [&c [!Áæâ [~ çÁ [àcæâ } â } *ÁæÁ' ~ Á•@ [çÁâ-Á^ [~ Áæ!^Á•â&^Á , âc@ÁæÁ fever at the time of the shot, have ever had an allergic !^æ&çâ [] Ác [Á^* *Á [!ÁæÁ] !^çâ [~ •Á' ~ Á•@ [cÉÁ [!Á@æç^ÁæÁ@â•- tory of Guillain Barré Syndrome (GBS).

Source: Centers for Disease Control and Prevention (CDC).

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