

## Stress Management

Posted by geshertzarmeod - 27 Feb 2011 09:37

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Im still learning my way around here so I don't know if this is the best way to pick the experts' brains, but tzaddik90 thought it was a good idea. So any complaints go to him! jk

In a different thread I dealt with and received tremendous feedback about hashkafa, which led me to realize that it wasn't so much wrong hashkafa that got me messed but bad coping habits. Now maybe I need a psychologist, but I figured I would let you guys have a try first. It is cheaper

I feel that even though GYE and the forum have been a tremendous help and I have so much more to gain from it, but its almost like Im counting the days until I have another fall. Im sorry for sounding sacrilegious. I know its important to celebrate the victories, but I feel that its also important to find the source of the problem and deal with it. Am I wrong?

For me, M is a knee jerk reaction to stress. Why?

More specifically, what can I do differently to reduce the stress? Im finding myself staying away from M, but not dealing with the stress. Instead I just fall into a depression.

I feel paralyzed, like I can't do anything which just makes things worse because there are things that can be done but I feel helpless. So I do nothing, which just causes more stress because I am even farther behind. It's a vicious cycle. Sometimes the stressor is not that big of a deal but I blow it out of proportion. Maybe I just need someone to hold my hand and walk me through it. I don't know.

So what are the positive proper ways to deal with stress? I know it sounds like a dumb question, but I obviously need to be taught how to deal with it properly. The hashkafa aspect is already registered. I know all the right answers but Lmaaseh, I need concrete ways to deal with it.

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