

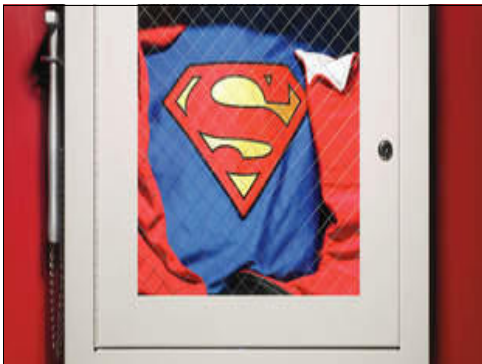
BEHAVIORAL HEALTH

Saginaw Chippewa Indian Tribe

Winter 2013

Nine Secrets of Courage from 'Extreme Fear'

Simple steps toward a life less bounded by fear
by Jeff Wise in *Extreme Fear*



Courage: it's not just for heroes. Fear is an emotion we all deal with, and how we handle it determines what kind of life we'll lead -- whether shackled by anxiety and dread, or empowered to conquer new challenges. Yet we spend most of our time trying to avoid fear, so we muddle along, rarely getting much better at the art of mastering it. That's a shame, because with a little effort we can find the courage to push beyond your comfort zone and tackle new worlds.

In my book *Extreme Fear: The Science of Your Mind in Danger* -- out this month in paperback -- I explore the neurological underpinnings of the brain's fear response to better understand how to take charge of this formidable emotion, shedding light on the science with stories of people who have faced terrible threats and managed to come through intact.

Can we learn from such brave souls and train ourselves to be more courageous? The evidence says yes. Here are nine techniques for steeling yourself for the challenges ahead.

Get fit: One of the many physical and psychological benefits of cardiovascular fitness is that it inures the individual against the effects of stress, including anxiety and fear. One 2009 study reported that skydivers with a higher percentage of body fat took longer to return from elevated stress-hormone levels and performed worse on tests of mental agility. Other studies have even shown that exercise can ease depression and anxiety. And it can protect you from feeling stressed out in the future. Princeton researchers found that rats who exercise grow neurons in their brains that are less responsive to the stress hormone cortisol.

Lean on Your Friends: Human beings are mammals, and mammals are fundamentally social creatures. In a tough situation, we rely on emotional rapport with friends and family members. Oxytocin, the hormone that binds mothers and children and husbands and wives, has been shown to lessen the sensation of pain and fear. In wartime, it

Special points of interest:

- *Behavioral Health Dinner Night*
February 20, 2013
@ Tribal Gym
Topic Prescription Drug Abuse
- *Donnie Dowd*
@Behavioral Health February 27, 2013 Please call 775-4850 to schedule an appointment.
- *Odaswanning (Sweat Lodge)*
February 26, 2013
at Dusk behind Behavioral Health Contact Beatrice Jackson for more information 775-4879
- **Men's Society**
Wednesday's 6PM
at 7th Generations
- **Women's Circle**
Monday's 5 PM at Behavioral Health
- **Daughters of Tradition**
Tuesday's 3:30-5PM
at Behavioral Health

likely plays a role in turning a group of strangers into a band of brothers who will lay down their lives for one another. But even the challenge is as mundane as a workplace crisis or a tough athletic competition, having friends by your side can make all the difference.

Expose Yourself: One crucial tool for mastering fear is to develop a sense of confidence in your abilities. You can train yourself for this mindset by setting challenging but reachable goals that become progressively more difficult. Dread public speaking? Make a toast at a small dinner party. Afraid of heights? Try tackling the lower reaches of a climbing wall. Above all, be sure to reward yourself when you're successful. The goal is to train the emotional centers of your brain to anticipate a positive outcome when pushing boundaries.

Think Positive: Navy psychologist Marc Taylor surveyed Olympic athletes about whether they practiced positive mental skills such as silently voicing affirming thoughts. It may sound mushy, but Taylor has found that athletes who did the Stuart Smalley routine were significantly more likely to survive the intense pressure of elite competition and reach the medal stand. "If a coach can work with a promising young athlete to pay attention to his or her internal dialogue, and to stop negative thinking," he says, "it can

really change their performance."

Change the Frame: Instead of panicking in the face of a crisis, try to see the situation from another perspective. Consider the larger context and the good things that might come along with the bad. When a crisis seems overwhelming, try to see the situation from another perspective. Try to understand the larger context and to identify the good things that might come along with the bad. "Write out best case and worst case scenarios, and how likely they are to come about," recommends Rick Harvey, Assistant Professor of Health Education and Holistic Health at San Francisco State University. "When you can say to yourself, 'You know what, the worse -case scenario isn't very likely,' then you can stop worrying."

Think Small: A truly daunting task can drive even the toughest into discouragement. One trick is to just focus on the little piece in front of you. If you're bogged down in a massive project at work, then, don't let yourself despair at the hugeness of the task. Break it down into pieces small enough that you can do each one in an hour or less, and focus all your attention exclusively on that. "I can't influence a giant thing like, 'What am I going to do when I graduate from college?'" says Harvey. "But I can influence a thing like, 'How can I go Monster.com?' or 'How can I scan the job listings on the job board?'"

Get Mad: A powerful emotion like anger can trump fear. Psychologist Stanley Rachman once treated a phobic patient who could only leave his house when he was mad at his wife. As soon as he calmed down, he had to hurry home. So? If you're tense before the big game, try thinking about how much you hate your opponents.

Enjoy the Ride: Fear isn't all bad. Intense fear causes our brain to release chemicals that mimic the effects of marijuana and amphetamines. Time seems to slow down and pain vanishes; we can run faster and lift heavier weights. There really have been cases of panicked people lifting cars with their bare hands.

If you or a family member are having difficulties and want to talk to someone please call 775-4850 we can help.

Learn the facts about mental health and share them with others, especially if you hear something that is untrue.

Treat people with mental illnesses with respect and dignity, as you would anybody else.

Respect the rights of people with mental illnesses and don't discriminate against them when it comes to housing, employment, or education. Like other people with disabilities, people with mental health needs are protected under Federal and State laws.

Myth & Facts about Mental Illness from the Substance Abuse And Mental Health Services Administration

Often people are afraid to talk about mental health because there are many misconceptions about mental illnesses. It's important to learn the facts to stop discrimination and to begin treating people with mental illnesses with respect and dignity.

Myth: I can't do anything for someone with mental health needs.

Fact: You can do a lot, starting with the way you act and how you speak. You can nurture an environment that builds on people's strengths and promotes good mental health. For example:

Avoid labeling people with words like "crazy," "wacko," "loony," or by their diagnosis. Instead of saying someone is a "schizophrenic" say "a person with schizophrenia."

**Saginaw Chippewa
Indian Tribe**

Behavioral Health
2800 S. Shepherd Rd.
Mt. Pleasant, Michigan 48858

Phone: (989) 775-4850
Fax: (989) 775-4851



**Website: www.sagchip.org/
Behavioral Health**

A.A. MEETINGS

New Spirit Moon

When: **Friday's 7pm**
 Saturday's 10 am
Where: **Andahwod Maple
 Lodge**

Big Book Study Meeting

When: Friday 7pm.
Where: Andahwod

Behavioral Health provides Mental Health and substance abuse services for children, adolescents, adults and elders to include:

Adult Residential Substance Abuse Treatment Program.

Outpatient Counseling Service

Case Management

Domestic Violence Services

Anger Management

Intensive Outpatient Services

Outpatient Psychiatric Services

Driver License Evaluations

Provide individuals with culturally based programs such as Helping Healer group and linkage to other cultural programs if desired.

Community based prevention programs to include:

Healthy Lifestyle Promotions

Small group sessions

Media Campaigns

School Based Prevention Curriculums

New Spirit Support Group

When: **Every Sunday 4:00pm -
 5:00pm**

Where: **Behavioral Health**

Meetings based on a 12-step talking circle format. All community members seeking a warm and friendly environment to share in their recovery are encouraged to attend.