



Anxiety Disorders Association of Canada
Association Canadienne des Troubles Anxieux

ADAC / ACTA NEWS

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Our Website:

www.anxietycanada.ca

Provincial Associations

British Columbia:

www.anxietybc.com

Manitoba: www.adam.mb.ca

Ontario:

www.anxietydisordersontario.ca

Quebec: www.ataq.org

Contact Us

contactus@anxietycanada.ca

1-888-223-2252

P.O. Box 117

Station Cote-St-Luc

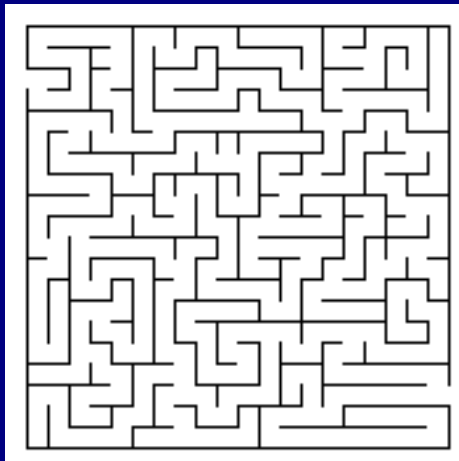
Montreal, QC, H4V 2Y3

Here it is hot off the cyber-press, ADAC/ACTA's newsletter. We will do our best to keep you informed of what we are doing at ADAC/ACTA as well as upcoming events and important milestones. We'd love to hear from you. We will add an article written by a consumer in each issue under our Consumers Speak Up section. Send us a note telling us how you've triumphed, whether it was a baby step towards your ultimate goal or a major accomplishment. Your stories inspire others.

From the President

When feeling stressed from general life concerns such as work, children, mortgage, bills, etc...the last thing I need to do is finish my day by watching the eleven o'clock news. Instead of being able to wind down, relax and drift into a restful pre-bed state, I am inundated by recession, job layoffs, cutbacks, etc. Recognizing that this is a choice I can make, I will watch alternative programs, late night talk shows, movies, or a DVD. This is what I call a news blackout. I often encourage others to take a break from televised news, so that they may end their day without such a bleak perspective on the present and near future. The important message is that we can make a choice in how we perceive the current state of our lives, finances, and the global recession. In these times we may need to be more conservative, by planning our strategies with less impulsive or reactive action. We can choose to be more responsive to the current reality and be cautious with our investments, taking stock of what we are investing in. For those with higher incomes this may mean where we are putting our money, for others it translates into how we are spending so that we can still afford food and rent. We are in uncertain times financially, but what we fail to regularly acknowledge - is that life is full of uncertainty. Anxiety may be defined as a life filled with dread of this fact, but an inability to predict the future always exists.

You too can escape the maze



Puzzle by Madalyn Marcus, M.A.

Thank you to Astra Zeneca Canada who generously donated monies that will be used to create new educational programs and update some of our literature.

An antidote to uncertainty is to take stock of what are our assets and liabilities. We may think of this as consumer goods and monetary issues but it is also the asset of good health, adequate nutrition, connection with loved ones, etc. Our liabilities may be considered as abusing alcohol and drugs as a coping strategy, failure to care for our own physical and mental health, and withdrawing from social interactions. Think of G.I.C.'s not as Government Insured Securities - but as Genuine Intimate Security with loved ones. I write this with awareness of the pain that this recession is causing many of us however, this is the current reality which we must face with acceptance. To have this acceptance we will need strength. I cannot think of a better low cost strategy than to invest in our own personal care and that of those we love, this is our best resource at any time.

Sherry Holt, M.ED

From the Executive Director

The thing I love the most about spring is seeing everyone come out of hibernation. Kids young and old playing street hockey cheering as goals are scored, little girls with pink and purple skipping ropes singing the same songs I did as a child oh so many years ago, last fall's babies are suddenly toddlers on tricycles and friendly hellos from neighbours I haven't seen for months, that is the sweetness of spring. There is something magical about the blooms that flower every year and the perfume of the lilacs is mesmerizing.

Montreal hosted the ADAC/ACTA Consumer Conference in April, *Anxiety Across a Lifespan*. Speakers from across Canada presented material on Generalized Anxiety, Anxiety in Children and Young Adults, as well as How to Find the Right Help for Anxiety Disorders. The conference was free thanks to the generous donation from the Eli Lilly Education Fund and from Power Corporation.

A family in Montreal graciously accepted to partly sponsor a play, *CRAZY One Woman Search for Sanity*, we presented on May 6th in Montreal. Gail Marlene Schwartz, the actress and writer of the play, is inspirational in recounting her life story dealing with anxiety and depression from a young age to adulthood. There was a fabulous cocktail prior to the performance and an engaging discussion with Gail and Dr. Gilbert Pinard, a Montreal Psychiatrist and past Chair of McGill University's Psychiatry Department, following the show. All

Does flying cause you anxiety? You are not alone. According to a 2007 Canadian Air Transport Security Authority newsletter, "over 40 percent of the population has some anxiety about air travel." The good news "according to airlinesafety.com, the actual risk of one person being involved in a fatal airline accident is one in every 19 000 years, provided that this person flies on an airline for each of these for 19 000 years." There are many ways of combating this anxiety, speak to a mental health professional and find one that meets your needs.

Please email us and tell us what kinds of articles and topics you'd like to see in our newsletter.

You may submit articles for the newsletter and our review team will let you know if your article has been chosen.

those in attendance left smiling, since Gail was able to demystify Anxiety Disorders in a very human and sometimes comical way.

Back in March, I met a wonderful woman who has offered to help fundraise and create awareness about anxiety disorders in the Toronto area. I welcome ideas and volunteer help from everywhere in Canada. I can't promise that we can bring all of your ideas to fruition, but we will do our best to support you in any way we can. The more awareness we create the better off those living with anxiety disorders will be. Understanding and acceptance is often the greatest gift for them.

Take the time to enjoy the beauty and hope the new season brings.

Geneviève Charette

Introducing our new Consumer Advisory Committee Chairperson

It is always difficult to say goodbye to those who have played a huge role in an organization. This winter ADAC/ACTA Consumer Advisory Committee Chairperson, Earla Dunbar, stepped down from the Board of Directors to pursue new challenges. Earla's contribution to this Association was enormous. She was an outgoing spokesperson about anxiety disorders and a devoted friend to all those who came to her for advice. Her last gift to ADAC/ACTA was suggesting another great woman to continue her work. In March, Lisa Palmer joined us as the new Chairperson of the Consumer Committee.

Lisa is no stranger to ADAC/ACTA since she has been an active member of the Consumer Advisory Committee for six years, sharing her experience with Post Traumatic Stress Disorder at two of our conferences. Her commitment to helping those living with anxiety disorders is not limited to her volunteer work with ADAC/ACTA, in 2007 Lisa enrolled in the Durham College Human Services program, she is currently fulfilling her field placement requirements at the Durham Mental Health Services agency. Welcome Lisa!

Consumers Speak Up!

by Orly Estein

The Importance of Support Groups

As an educator in mental health and a co-facilitator of support groups, I would like to share with you four reasons why I believe support groups are a key factor in maintaining good mental health.

I. Breaking the Isolation

Many people who suffer with anxiety and depression tend to suffer alone, and feel as if they are the only ones who have these negative feelings, while their family members and friends seem to be functioning at high levels. Joining a support group allows you to see that you are not alone in your suffering, and this is a big step towards gaining mental health.

II. Sharing in a Safe Place

A good support group will have some basic ground rules which are there to create a safe space for its members. Some examples would be confidentiality, non-judgment, non-discrimination, no vulgarity, and allowing each member to share without being interrupted. Talking about what you are going through brings you out of your head and is a great way to promote awareness.

III. Meaningful Advice

Every person around the table comes with his/her own experiences, and from the sharing, you will have a chance give and get valuable advice and support from people who understand exactly what you are going through, because they are going through it themselves. This may lead to better self-esteem and empowerment because you are contributing something positive to the group.

IV. The Bigger Picture

If there is something you would like to change in terms of community services or public policies, you have a stronger voice as a group than as a single person. Having a group behind you might motivate you to ask for better resources to deal with anxiety, which will help improve mental health care for all.

I strongly encourage you to consider joining a support group; you never know how your struggles can help another person get through their own.

Orly is a new member of the Anxiety Disorders Association of Canada Consumer Advisory Committee.

[Ce document sera disponible en français sur notre site web à partir du 18 juin](#)

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