

LET & ABLE Newsletter

Issue 87 ... April 2022

The first quarter of 2022 is in the rear-view mirror and the summer season is approaching. Indeed, we are living in swift transitions and fast times. For me, I find such times to be exciting, monumental, engaging, expressive, fruitful, and desired. The mature eye can attest that regardless of what is going on in the world today, we are yet living in a good time to do something special and unique.

Within the last 12 months, there has been a threshing and mandate released in the earth that is placing a demand on gifted individuals to take their dreams and goals to the next level. The next level is where destiny, purpose, talents, providence, callings, opportunity, provision, chance, election, and the divine meet and co-exist. It is a marvelous level and gathering place.

I want you to set yourself to level up and abide in the gathering place. There is room and access for everyone, especially those of us who have labored, believed, sacrificed, suffered, and hoped against hope. We can not be fooled or dismayed regarding the days and times that we live in. We are in a place and time where everything is a go and within reach.

What I know for sure is that now is a good time to level up and go for the gusto. Are you ready to level up? I know that leveling up requires me to leave many things behind. Are you ready to leave behind what can't go with you to the high gathering places? I'm so looking forward to the balance of this year and what is in store for me and my household. Are you looking forward to it too?

Dr. Recco

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Flint, MI

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Finding Me For Myself



Recco Richardson, Ph.D., LPC
Author, Trainer, Educator
& Clinical Therapist

Strategies For Managing Your Anxiety

by Recco Santee Richardson, Ph.D., LPC

Prevalence & Definitions

Anxiety means to have thoughts and feelings of worry, nervousness, or unease regarding an upcoming event or a future uncertain outcome. It is a common occurrence in life (Mayo Clinic, 2022, Richardson, 2021). In essence, the ability to manage and overcome anxiety takes effort, knowledge, support, and a willingness to move forward.

According to the Anxiety and Depression Association of America, approximately 40 million (18 percent) people in the United States experience some type of anxiety disorder in any given year. Children, teens, and adults can experience on-going anxiety that has a negative impact on their social interactions, personal esteem levels, sense of accomplishment, academic progress, and performance in the workplace.

Symptoms

The symptoms of anxiety are expansive and can be responded with success.

Chart #1 Anxiety Symptoms

Worry	Dread	Feel Overwhelmed
Low Tolerance	Uncertainty	Panic
Shortness Of Breath	Dizzy Sensation	Public Discomfort
Stomach Problems	Fears	Self-Doubt
Choking Sensation	Poor Concentration	Daily Fatigue
Heavy Breathing	Intrusive Thoughts	Intense Feelings
Poor Sleep Habits	Trembling/Shaking	Avoid Things
Sweating Nervousness	Fast Heartbeats	

This Article Discusses

Types Of Anxiety

Symptoms Of Anxiety

Addressing Anxiety

Healthy Relationships

According to the Statistical Manual of Mental Disorders, Fifth Edition (DSM-5, 2013), there are several types of anxiety disorders.

1). Agoraphobia: Features the presence of torment and dread regarding places and situations. At the core is fear of being stuck, shamed, vulnerable, and without help. As a result, individuals often decide to avoid certain activities and places.

2). Anxiety Disorder Due To A Medical Condition: The presence of on-going and de-habilitating illness can cause a person to experience anxiety. Their medical condition leads them to be on high alert and vigilant regarding any and all things. They fear and have stress because a medical emergency could happen to them at the most inopportune time.

3). Generalized Anxiety Disorder: Features on-going thinking and processing of events and situations. There is an inability to shut down thoughts, ideas, fears, and worries to the point of becoming somewhat emotionally and socially paralyzed.

4). Panic Disorder: Is re-occurring experiences and episodes of sudden feelings of intense anxiety and terror that peak within minutes (panic attacks). The intense feelings are real and can cause physical reactions in the body (i.e., chest pain, sweating).

5). Selective Mutism: Often found with children, this type of anxiety is associated with the inability to speak and feel comfortable in public settings like the mall, sporting events, and school. It typically does not appear in the home setting or with family members. [\(cont. page 6\)](#)

Addressing Anxiety

By Dr. Recco

Heal Thyself

Wholistic Approach

Fix Your Finances

Stronger Emotions

Good Physical Health

Keep A Routine

Get Plenty Of Rest

Meditate & Exercise

Improve Your Diet

Liberate Your Soul

Decrease Commitments

Lose Control

Focus On Success

Good Decisions

Plan Better

COUNSELING

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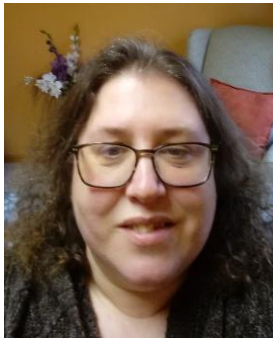
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Chronic Stress
Relationships
Moodiness
Fatigue

Dating/Marriage

Communication
Challenges Expectations
Legal Problems
Commitment
Forgiveness

6). Separation Anxiety Disorder: Another child focused concept, this experience often is caused by fear of losing or not having access to an attachment figure (i.e., a parent, teacher, pet, or safe places). The associated level of dread and reactions are real.

7). Social Anxiety Disorder (Social Phobia): This type features an unusually high level of dread, intimidation, isolation, fear, and avoidance of social situations. The underlying issue tends to be fear of being singled out, not fitting in, an odd ball, and being embarrassed.

8). Specific Phobias: Thought to be the least of the types, this disorder requires the inability to deal with a specific thing or idea (i.e., snakes, heights, the dark). When exposed to such things, a person can become anxious, worried and have physiological responses.

9). Substance-Induced Anxiety Disorder: This occurrence often takes place when abuse of alcoholic beverages, street drugs, and prescription drugs takes place. The effect of the stated can rouse up a person's emotions and move them to feeling like they are on the edge and overwhelmed.

Steps & Solutions For Managing Anxiety

There are several things a person can do to manage their anxiety. By doing the below, relief and support can be experienced and wholesome living can take place.

1). Ease Up On The Rules: For various reasons, some people need to be driven and burdened by spoken and unspoken rules. The stated is one of the last things anxious people need. I often challenge my clients to dismantle rules that wear them down and encourage them to be a perfectionist. We must learn to let "good enough be good enough" and stop pounding ourselves for being less adequate than we would like to be.

Addressing Anxiety (cont.)

Stay Motivate

Be Honest With Self

Manage Change Better

Ask For Help

Be Organized

Develop Systems

Stay Positive

Process Life Better

Seek Solutions

Avoid Stimuli

Remain Reality-Based

Utilize Support System

Be Focused

Practice Self-Restraint

2). Accept Unfairness: To overcome anxiety, it is important to recognize and accept that life is not always fair. Efforts to rationalize, explain, and change unfairness is a sure recipe to experience more anxiety. As a result, it is of utmost importance that unfairness be accepted but not necessarily to tolerated.

“As a result, it is of utmost importance that unfairness be accepted but not necessarily to tolerated.” Dr. Recco

For most of us, instances of unfairness and inequality could be addressed and minimized if we were to stop making excuses and put ourselves in better positions across the board.

3). Being The Fixer: The best way to decrease anxiety is to stop doing unnecessary things for people. We can't fix everything. We can't help everyone. We can't do it all. In other words, to decrease feeling overwhelmed and stressed, we all need to stay in our own lane and mind our own business.

Our motto needs to be “don't ask me and don't tell them.” Another motto that we all could use is “stop being extra and doing too much.”

4). Poor Self-Care: To overcome anxiety, quality and consistent self-care must take place. It is critical that we take part in restful activities, peaceful times, tranquility, and activities that rejuvenate our personage and heal us from within.

How To Contact Us



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