

whole living

body + soul in balance

CHARGE UP
YOUR
HEALTH

15

WAYS
TO FIGHT
COLDS,
FLU, AND
THE BLUES
all season long

*green tea with lemon
and pomegranate p.91*



ALWAYS HUNGRY?
HOW TO DECODE AND CURB
YOUR CONSTANT CRAVINGS

**WhiteViolet
FarmAlpacas**

A ministry of the Sisters of Providence
of Saint Mary-of-the-Woods, IN



Alpacas for Sale

Superior herdsires, quality breeding females and premium fiber are available. Well-known and respected bloodlines run through our herd.

Alpaca sales help support programs of eco-justice education, organic agriculture and fiber. Established in 1998, we are part of sustainable agriculture programs at White Violet Center for Eco-Justice.

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www.WhiteViolet.org
Contact: Chad Beck, alpaca manager
1 Sisters of Providence
Saint Mary-of-the-Woods, IN 47876
812-535-2934
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in balance UNCOMMON WISDOM

CONSCIOUS SPENDING

What Am I Shopping For?

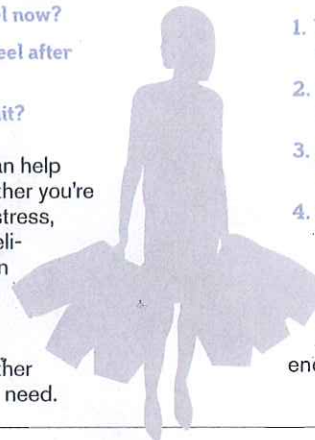
If you're heading out to the mall *again*, you might want to grab these shopping lists. (And check them twice.) BY APRIL BENSON

In my work as a psychologist, I know that the urge to shop can be a symptom of deeper emotional needs—which no object can satisfy. With shopping on nearly everyone's agenda this time of year, it's worth taking a good hard look at the motivation for your purchases before you make them.

Ask yourself, Why now? When the impulse to buy strikes, hit pause and ask yourself:

1. Why am I here?
2. How do I feel now?
3. How will I feel after I buy it?
4. What if I wait?

This reflection can help you identify whether you're being driven by stress, boredom, or loneliness—and soften your acquisitive urge long enough to walk away or find another way to meet that need.



Ask yourself, Why this? If you've determined that the purchase isn't an attempt to create a feeling you're lacking or anesthetize a feeling you're having, take a closer look at the item itself.

1. What makes me sure that this is the right one?
2. When will I (or the person I give it to) use it?
3. Can I afford it? How will I pay for it?
4. What might I rather do with the money?

If this is the item you want, and it's the best use of this money, go for it! Just remember: You can never get enough of what you don't really need.

APRIL BENSON is the author of *To Buy or Not to Buy: Why We Overshop and How to Stop* (Trumpeter).



HOW TO BREAK YOUR WORRY HABIT

Research shows that 85 percent of worries don't have the expected negative outcome—and even when they do come true, 79 percent of people say they handled it better than expected. Here are some tips for getting your frantic monkey mind under control.

BY MARTIN ROSSMAN, M.D.

1 MAKE A LIST Divide your worries into two types: those you can do

something about, and those you can't. The ones you can't act on, track for two to three weeks and observe how many of them come true (and how many don't).

2 CREATE A WORRY JAR Jot down each nagging thought onto slips of paper and drop them into a designated jar before you go to sleep. This helps you let go of them for a while so you can rest.

3 REJECT THEM Every time a worry arises, mark it mentally with a big red X. This ritual satisfies the mind's desire to do something when helpless worries take hold.

4 VISUALIZE A BETTER ENDING

How would you imagine your desired outcome if it were up to you? Let it be the symbol for the outcome you would create if you were writing the script. Energize that image by making it look and feel as real to you as possible.

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