

# You're The One Newsletter

LIVE ANXIETY FREE!

Issue 8 Vol 6: June 2013

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Dear Karen,

## What's New With Karen

Welcome to June 2013! In May 'Beyond Blue' launched a fabulous campaign on Anxiety awareness! Being a student of the human condition I was not surprised to hear how anxiety levels in our society have reached epidemic proportions. There is no doubt that we are living in a time when anxiety is the number one condition being experienced by people. In fact, during a recent study, people noted that they were anxious about 3 main areas - their jobs, their health, and their families. Whilst we will experience anxiety temporarily at times in our lives, it is important we acknowledge it, and then to have techniques to let it go, otherwise it will become like poison if it stays with us and pollutes our systems. I too have experienced anxiety and recently had to acknowledge it, and decide that it had been hanging on a little too long. Acknowledging it was the first step to learning a way that worked for me to let it go. I hope I can share a new perspective with you on it and therefore this month I am dedicating this newsletter to sharing a way of having your anxiety replaced by peace and joy. Love Karen x

## Mojo Tip: Anxiety-Be Aware, Empowered & Seek Help!



Actor, Garry McDonald, (Norman Gunston) Leads Anxiety Awareness Campaign

The 6th step on your masterful Mojo mindset for 2013 is to be in charge of your emotions! People with Mojo know what a huge influence their emotions have in their lives - so they decide to control their emotions rather than have their emotions control them. They appreciate that emotions are a valuable tool so they can share and enjoy life with others, and are also aware that anxiety, uncertainty, and worry is not how life was intended to be lived. These Mojo Masters, being human, have themselves often experienced periods of anxiety, however, they made the conscious decision to face it (rather than deny its presence, or suppress it) and find ways to let go of it. People with Mojo thrive on using their emotions to express kindness, goodness, peacefulness and joy. They have no doubt understood the way people interact when they are more anxious - emotions are never expressed in the best way during these times. Infact, they have seen the negative effects anxiety has on every area of a person's life. It divides, distracts and diverts one's mind so they can't give their attention to important matters. It slows

down one's productivity because one can't focus or give their full attention to something. It impacts on all relationships with other people, often because the anxiety sufferer keeps reliving their anxieties, as they are not sure how to deal with it. It can also lead to unwise decisions, as people think they are never going to get the same opportunity, and jump in out of fear, rather than taking time for decision-making. It steals people's joy and peace. It wastes time and energy. It even has a devastating effect on a person's performance in all areas, including how they present themselves, with their language, and even their dress and appearance. Because of the uncertainty they simply cannot do their best, look their best or feel their best. So what does a person with Mojo do when they discover they may be feeling anxious? The first thing they do is ask themselves the question: "Is there something in my life causing me anxiety?" Once they acknowledge it they then ask themselves "What is it I am anxious about, what could be the reason I am anxious?" You see as long as people do not face it, anxiety will take its toll on a person's life in very toxic ways, especially on their health. The medical profession knows that anxiety left untreated for a long time, can become a Disorder and many physical conditions manifest themselves in anxiety sufferers, some of which are: Cardiovascular Disease, Heart Disease, Hypertension, Headaches, Colitis, Eczema, Psoriasis, Acne, Auto Immune Response which can open the way to more serious illnesses. One outstanding example of a person with Mojo is the Award Winning Actor, Garry McDonald. You may know him more as, 'Norman Gunston' - the man who graced our television screens in the 70's with outstanding and original comedic performances. Yet for all Garry's outer success, the public remained mostly unaware that Garry was suffering the devastating effects of anxiety. He is a great example now of a person who has found peace but is also leading the way in an Anxiety-Awareness Campaign. So, there is good news! Here it is! If you have experienced anxiety you are not alone. You may have kept it to yourself because you just did not know what to do with it. However, you do not have to live with it. There is a way forward to healing. Take time to read, explore, and educate yourself about anxiety - and seek help (and/or reach out to others who may be suffering!) There are many ways to empower yourself and start changing your life. Finally, below I share with you a personal way I dealt with a recent bout of anxiety and I hope you can be open minded enough to give it a go also. Here's my wish and prayer for you: May you be restored from your anxiety, may your heart and spirit be at peace, may you find your spark again, and zest for life, and a sense of joy and contentment. YOU are not alone!!!

### **Life Coach Tool: BeyondBlue Launches Anxiety Awareness Campaign!**



#### ***Beyond Blue's Anxiety Awareness Campaign Launched May 2013***

First things first - you are not alone! It is said that right now 3million Australians are suffering from some form of depression or anxiety.

The good news is we are right in the midst of an Anxiety Awareness campaign so it is the perfect time to have that conversation with your family, friends, and colleagues. You may be surprised to know just who may be experiencing its effects right now. And it is the perfect time to know that you do not have to live with it - there is help and empowerment available to all.

Personally, on a spiritual note, I did a little bit of study recently and did you know that some theologians say that anxiety can be called a faith battle? Their belief is that anxiety is caused due to grasping and endeavouring to control something which may be uncontrollable - and that there is another way - and that is to trust God (or Higher Power) to take them through this.

So, I thought I might suggest (as an adjunct to other ways of being anxiety-free) a simple technique you can do on a daily basis (as you are lying in bed at night) to help.

#### Exercise: 1 Minute Nightly Ritual To Let Go Of Anxiety

This ritual is really about finding a way to get through this time in your life. And that is if you find yourself in a difficult situation, and feeling anxious, perhaps to try to surrender to God (high power) and trust that you will be helped. It is about letting go of the tight grip we have on our uncertainty and worrying about what could or might happen, and instead giving it up to God (higher power). In a sense we are really saying a simple prayer (like this):

#### *Prayer to Let Go Of Anxiety*

*"God (higher power), I can't handle this (speak of the circumstances that are making you feel anxious), it still has its effect on me, this thing is too heavy for me, I'm giving it to you. I'm going to trust you to do in my life what is best for me."*

You see, I personally experienced this when I felt so much anxiety resting upon my shoulders recently and through prayer and faith, and giving it up to God, peace came upon me and the anxiety was lifted. So, I know it works.

***When we let go, take our hands off stuff, and surrender it to Him, it is amazing how God handles things. Some things happen in our lives we have nothing to do with, which can make us feel uncertain, but how long we hold on to it, is another thing. He will take your anxiety and give you peace and cover you and protect you with it. You may be thinking 'this has been in my life a long time.' Yes. But what have you done about it? You may have suppressed it, or even nurtured it or excused it. So what about giving it to him. You don't have to explain how it happens or even understand it. Just let go, pray, give it to God in spirit of thanksgiving and conviction, and watch what happens.***

Did you know that 3 Million Australians are living with depression or anxiety (that is 1 in 4 people).

Beyond Blue is working to reduce the impact of depression and anxiety in the community by raising awareness and understanding, empowering people to seek help, and supporting recovery, management and resilience.

For anyone suffering from anxiety, Beyond Blue can be contacted

on 1300 22 4636.

### **Be Inspired Article: 10 Questions with Sandy Korney!**



#### **Who is the real Sandy?**

I work as a Consultant for Innovative Recruitment in Port Melbourne. Innovative Recruitment was originally Footscray Personnel and when I joined in late 1981 (after working in the legal arena) the agency already had some well established large companies on board - namely ESSO Australia, CSR Sugar, Smorgon Consolidated Industries and the list goes on. I always felt I had lots of empathy for candidates from the West as I am a western gal myself. No great claims to fame - educated at High School, then went on to Business College. Married young at 18 years, always worked, had some good opportunities come my way. Due to ESSO moving to Southbank, we were asked to relocate to the city - we settled for Port Melbourne as it is a stone's throw away.

#### **Which five words best describe you?**

Empathetic. Giving. Creative. Friendly. Reliable.

#### **What was your first job and what path have you taken since then?**

First job as a trainee for ASCO a semi government provider of canteens wet and dry in all military bases - after training worked for the Marketing Manager.

#### **What's your proudest achievement?**

I would have to say my three children.

#### **What's been your best decision?**

To choose a man who cared for his family first and foremost.

#### **Who inspires you?**

The lady who hired me back in 1981 - Dusanka, a Serbian immigrant who arrived here with her husband and two small children, lived in a tin hut in Bonegilla, learnt English, went on to work for one of our leading department stores in the city namely Darrods "the style store in the heart of Bourke Street" as it was known, opened this recruitment agency, walked the streets to entice clients to use her services, she is 86 years of age now and I still receive a daily call to find out what I'm working on. One of the nicest human beings one would ever wish to meet.

#### **What are you passionate about?**

Life and the opportunities available to oneself.

#### **What's the best lesson you've learnt?**

You get back what you give out.

**Which person, living or dead, would you most like to meet?**

Jacque Kennedy - her life fascinates me.

**What dream do you still want to fulfil?**

I feel I have been fortunate in life to be surrounded by some wonderful human beings, just looking forward to enjoying the latter years of my life - would love to return to Paris and Italy one day.

**What are you reading?**

Still working at 63 years and not a lot of reading time, however on my bedside table I have three autobiographies (Maggie Tabberer, Jacque Kennedy & Hillary Clinton); I hope to one day curl up in a comfortable chair and begin reading.

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**Daily Hint: Practice Daily Anxiety Awareness This Month:**

Thank you! Your Daily Hint this month is to go on to the Beyond Blue Website and research anxiety and watch their anxiety awareness video. Read and download resources and have a conversation each day with someone (it may be your neighbour, your child, your aunty or uncle, your parent, your colleague) and help to raise the awareness of this issue that is taking hold of so many in our world. People no longer have to suffer in silence. Let them know they are not alone. Let's start empowering others to be lifted out of their anxiety!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm so happy that a warm, generous and giving soul, Sandy Korney, is being highlighted in this newsletter. Sandy lives by the motto of "what you give out comes back" and I've always found her to be curious, interested, warm, engaging, genuine and caring! She's an example of the sort of human being the world needs more of - however when God made Sandy he threw out the mould afterwards! Love Karen x*

*"This too shall pass."*

*Unknown*

*"For peace of mind, resign as general manager of the universe."*

*Unknown*

*"That the birds of worry and care fly over you head, this you cannot change, but that they build nests in your hair, this you can prevent."*

*Chinese Proverb*

Sincerely,

*karen vella*

*yto owner & founder, performance consultant & life coach (cert iv)*

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**CONTACT  
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At Innovative  
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**Offer Expires: 30th June 2013**

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