

May Intention

When discovering the answer to "who am I" begins to be more daunting than inspiring, may I remind myself that that the answer only needs to make sense to me and me only!

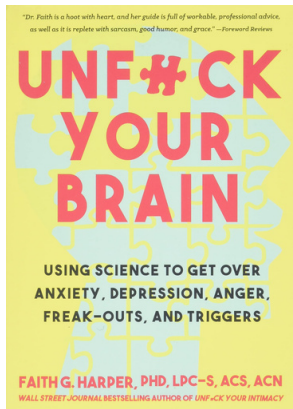


MEASURING WHAT MATTERS
MENTAL HEALTH SERVICES



Book Recommendation

Our brains are AMAZING. But...they can totally mess with you. Dr. Faith Harper digs into what happens when things go awry in that ol' noggin of yours and gives tips on how to "retrain" your brain to respond to situations more appropriately. And of course there's LOTS of colourful language sprinkled throughout the entire f*cking book.



You can find it here:

[Amazon](#)
[Indigo](#)

A Message from Your Therapist

This month was a crazy one ... I guess a better word choice would be that it was colourful.

This was the first month that I went completely independent with the clinic. A dream come true in many aspects and something I will always be internally grateful for. But I won't lie and say it was smooth sailing. On the contrary, there were times when the stress was at its all-time high, when my motivation had decided to go on vacation without telling me, and that time to spend with loved ones seemed slimmer and slimmer each week. Now, it would seem like this might not be the month to give advice ... so I won't. But I will tell you a quick story.



One afternoon, I was driving to someone's house. It was one of those rare days in April when the weather was exactly what we needed. The warmth from the sun tingled on my skin, and the breeze was cold, but the air was warm. I had the right playlist with the perfect song to enjoy this drive. I was happy.

And then, without missing a heartbeat, I remember thinking, "I wonder when the shoe is going to drop." With such ease, I called on misery as if I was expecting it to arrive already. Internally grateful for all the fantastic things happening, but also wondering in the same thought that this will not last for too long. I sat at a red light that was taking unusually much longer than it does on any other day, recalling why I even said that. Then I laughed.

Why, you may ask? This is precisely what we all do, what all my clients come to me with. In our most distressed times, we list all the emotional events and give time to the positivity for maybe a minute. But when positivity is present, we pay more attention to the impending doom. But that is okay. When we have lived our lives in an anxious state, we rarely know how to enjoy the moment. It doesn't make us delusional or unhealthy; it just reminds us that happiness is not a state that will come easy but a state of mind we can fight for.

As Timothée Chalamet once said, "you can be the master of your fate and you can be the captain of your soul but you have to realize that life is coming from you and not at you. And that takes time."



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Maybe it's not that surprising, but a recent study suggests that stressing out might have a serious impact on your cognitive functioning as you get older. Researchers found that people 45 and older with increased stress levels have a 37% higher chance of having memory and thinking issues as they age. So, even if you think you're too young (or too old) to start managing stress more effectively, these [mental fitness tips](#) can help.



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Why Friendships Make Us Healthier

Christine Ro, Reading time: 3 minutes

It's well-established that romantic relationships can improve your health and even help you to live longer. But does friendship bring the same benefits?



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The Spotlight Effect

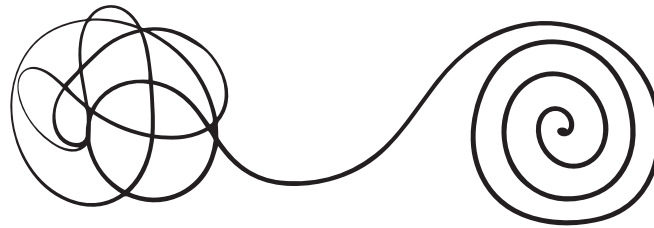
Are you ready to have your mind blown? Excellent. Because the spotlight effect is about to make you rethink all of those moments you felt too seen. When you went a solid eight hours with something in your teeth. Turns out, it's very unlikely people noticed. And if they did, they probably thought about it significantly less than you did once you realized your mistake.

Have a question? Reach out at info@measuringwhatmattersto.com



What is it like to have high-functioning anxiety?

Busy and in control. High-achieving and perfectionistic. Driven by details and order in a desperate attempt to calm racing thoughts, worry, and the fear that invades every ounce of the mind and body. An over-thinker with a tendency to perseverate, dwell, and stew on everything.



As much as those who experience these symptoms would like to be able to turn it off or put it on pause, they can't. Most days, their thoughts turn into worries and their worries, in turn, consume their thoughts. This creates a constant state of "what if?" But this isolated turmoil is often hidden by smiles and laughs, success and achievements, and a decent dose of extroversion. Ironically, this nervous energy is what keeps them moving forward. It's always there pushing them to do more, achieve more, succeed more, and be better. This is the face of "high-functioning" anxiety.

The fickle thing with high-functioning anxiety is not just that there is no formal diagnosis but also no research on the topic.

We strive for perfectionism, aim for the best, push ourselves to the most and the outside world, and achieve all our dreams. We are accomplishing all goals and continue to pack our schedule because nothing is better than productivity. We have "our shit together." But on the inside, we are struggling.

This continuous loop of stress and overthinking thoughts of the "worst case scenario" is often exacerbated by the fact that non-anxious people see this way of thinking as irrational, illogical, emotional, and crazy. Anxiety is not easily explicable, at least not to those who don't experience it. In fact, only 25 percent of people with a mental health disorder feel like others understand their experience. While a person with high-functioning anxiety can appear as though in control and actively engaged in the daily tasks of life, underneath this confident exterior, it is a fight to make it through the day.

If this reads close to home, reach out to your local therapist or me to learn more about how to cope better.

In the meantime, ask yourself... "what do you need right now?" Often the answer is just listening to our mind/body connection.



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Upcoming Changes

- Now offering family counselling!



Keep an Eye Out

- Our instagram [Measuring What Matters](#) returns with new content on May 01st



Next Month

- June Newsletter
- Summer Mental Health Challenge

See you next month



Focus on what matters. Eliminate the rest.

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