

I hope you enjoy reading this edition of Member Care and Counseling Resources. As always I would appreciate your comments about how to improve this mailing or suggestions for information to share with others that you have found helpful.

If you know of someone who could benefit from this information pass it on to them. If you would like to be added to the mailing list, have a change in your e-mail address or would prefer not to receive any more of these e-mails simply make your request to john.leverington@gmail.com

Serving one another,

John Leverington

ANXIETY SELF TEST

Anxiety can be a healthy and adaptive response to stress. But, anxiety occurs on a continuum, ranging from normal, healthy concern on one end to worry, anxiety and panic toward the other end. Where do you fall on the anxiety scale? Test your level of anxiety and discover ways to manage your daily stress by going to [how anxious are you?](#)

GENERALIZED ANXIETY

Do you have a nervous stomach every day? Everyone feels tense occasionally, but if you feel that way most days, you could be dealing with generalized anxiety disorder. To view a slide show with some very helpful ideas go to [anxious answers](#).

HOW TO SUPPORT AN ANXIOUS SPOUSE

Having a partner who struggles with anxiety or has an anxiety disorder can be difficult. They might have to bear the brunt of extra responsibilities and avoid certain places or activities that trigger their partner's anxiety. This can be very stressful for partners and their relationship. For assistance go to [help for our relationship](#).

WHY ARE YOU SO TIRED?

Take a look at the top causes of fatigue and find out what you can do about them clicking on [sleep disorder causes and remedies](#).

ASIAN KIDS

Rice, Noodles, Bread or Chapati is the title of this new book about seventeen children from eight Asian countries sharing the challenges and blessings of being third culture kids (TCKs). There is a pre-publication discount until till 15 May 2014. For cost and ordering information write belinda.ng@sim.org

THROUGH GOD'S EYES

What motivates you to do what you do? This book provides encouragement to continue in the work that you are doing. Go to [Through God's Eyes](#) to find out more and check out the many other good books available to you.

CHRISTIAN LEADERSHIP

Barna shares an interesting report on popular Christian views of leadership and calling. One big takeaway? "... Most Christians in the U.S. don't seem to be thinking about their jobs in terms of calling." To read more about the Barna Group study go to [calling or career](#).

WHO TO CHOOSE?

How do you choose who will work with you? For some short but informative advice go to [selection process](#). It could make all the difference in having a healthy and effective team.

WHAT WE TALK ABOUT WHEN WE TALK ABOUT GOD

Click on [relevant](#) to listen to this interview with Speaker and author Rob Bell about his new book, *What We Talk About When We Talk About God*. (No matter what you think about Rob, it's a surprising interview that deserves a listen.)

WHY GOD WON'T GO AWAY

To read about Dr. Andrew Newberg's research on brain activity and religious practice click on [the created brain response to prayer](#). Dr. Newberg isn't particularly devout, but his work touches a lot of people who are. Newberg and his team, who have conducted brain scans of people engaged in specific spiritual practices—from Franciscan nuns in prayer to Tibetan Buddhists in meditation, from chanting Sikhs to Pentecostal Christians speaking in tongues—have released findings that are changing the way people understand religious experience. Specifically, they're finding a direct scientific link between spiritual practice and unique brain activity. To read more about Dr. Newberg and his findings go to [brain science and the biology of belief](#).

BIPOLAR DISORDER

Bipolar disorder, sometimes called manic depression, is a disorienting condition that causes extreme shifts in mood. To find out more about the ways to identify it and provide help click on [slideshow](#).

BORDER-LINE PERSONALITY

To raise awareness of this perplexing personality disorder, this article summarizes the essential aspects of Borderline Personality, including its etiology, characteristics and possible treatments. To read the article go to [BPD A Primer](#).

FIBROMYALGIA PAIN

Your fibromyalgia pain will eventually flare. Plan for a difficult day by considering the options recommended from the Mayo Clinic by going to [housecall](#).

EMPATHY AND PAIN

A doctor-patient relationship built on trust and empathy doesn't just put patients at ease – it actually changes the brain's functioning and the person's tolerance for pain. If this initial research is correct think of how important our counseling and member care roles are in helping someone deal with personal hurts if we are demonstrating empathy in the relationship. To find out more click on [pain tolerance](#).

MIRROR NEURONS

Thanks to Katie Reid for sharing this video on empathy and how our brains are 'hard wired' and created to 'feel with' others. For some fascinating brain discoveries go to [your brain, your face and empathy](#).

WORSHIP IN THE PAIN

Singers and composers Matt and Beth Redman share the importance of worship in suffering after experiencing a devastating loss of their own. To read about their experience of worship in the midst of the hurts of life go to the article entitled [Even in the Pain](#).

FAITH AND MENTAL ILLNESS

Patients with stronger belief in God did better in short-term treatment for mental illness. The study included 159 psychiatric patients whose levels of depression, well-being and self-harm were assessed at the start and end of the study. The patients also were asked about their belief in God. Patients with higher levels of belief in God were twice as likely to respond to treatment as those with no or little belief in God. To find out more go to [healthy living](#).

MUSIC FOR MEMBER CARE

FALL LIKE THE RAIN is a new song from the group Citizen Way from their debut album Love is the Evidence. Some of the words from Fall Like the Rain are "How do you deal with disaster? How do you cope with the pain? It's hard to move on with regret, like an anchor makes you feel like you're the one to blame." To read all the lyrics go to [Fall Like the Rain](#). To find out more about this new group go to [citizenwaymusic](#).

MOVIE

42 is a uplifting drama about a defining moment in what is still called the Greatest Generation. It is the story of Jackie Robinson breaking the color barrier in Major League baseball. It is a story of taking the road less traveled and the hatred that the legendary baseball player faced after he wore his #42 jersey for the Dodgers. Go to [42 United](#) to find out more.