

ORGANIZE YOUR LIFE!



IN THIS ISSUE, WE WILL DISCUSS:

GETTING BACK ON TRACK AFTER A VACATION

OCD – WHAT IS IT REALLY?

ORGANIZING FOR A CAMPING TRIP



HAPPY HALLOWEEN!

GETTING BACK ON TRACK AFTER A VACATION

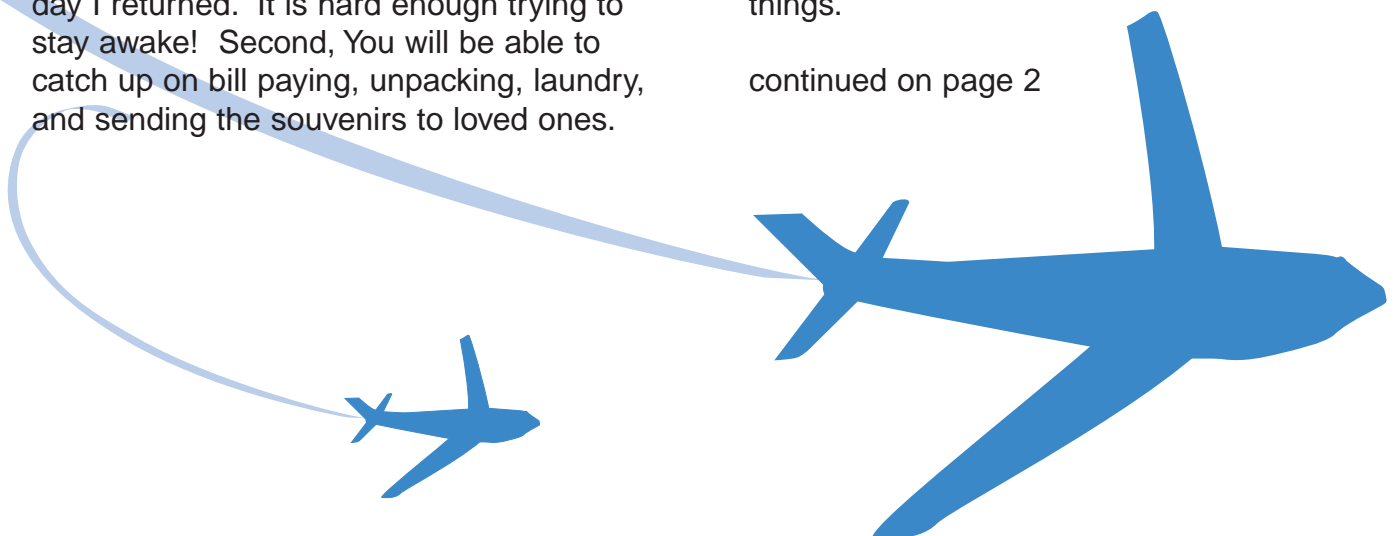
Recently, I returned from a fabulous trip to Vietnam. My husband and I were away for two weeks. Not only did we have to adjust to jet lag, but we had to revert back to our routines. Coming back from a vacation can be challenging. Below are a few ways to get back into the swing of things.

- Take the day off directly after you return from vacation. First of all, you won't be good to anyone when you are jet lagged. I know that I was spacey and not myself the day I returned. It is hard enough trying to stay awake! Second, You will be able to catch up on bill paying, unpacking, laundry, and sending the souvenirs to loved ones.

- Go into work earlier the following day to catch up. Things will invariably be a mess and you'll be behind, so plan to spend your day getting back up to speed. Hopefully you planned before you left so that your work was covered while you were gone.

- Before you leave be sure to mark you calendar with appointments with yourself to get back into your routine. Pretend it is a normal week where you are planning out your schedule loosely to keep on top of things.

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GETTING BACK ON TRACK AFTER A VACATION

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Here is an example of appointments you can make:

Personal tasks:

- Retrieve the mail
- Pay bills
- Do Laundry
- Mail, mail
- Take garbage out
- Go grocery shopping

Professional tasks:

- Finish report on “Jones”
- Return phone calls
- Check email
- Check in with clients upon your return
- Turn off out of office on email

- Change voice message back to regular message

- Take it slow the first week. It is hard to come back from a vacation and not want to continue vacationing. That is why taking it slow to move back into normal life is so crucial. Spend a little extra time with your family, and do some of your favorite things at home to remind yourself that you enjoy your life when you're not on vacation too!



OCD – WHAT IS IT REALLY?

I recently watched a movie called Dirty Filthy Love (<http://www.imdb.com/title/tt0411291/>). It examined a man with extreme OCD (obsessive compulsive disorder) and Tourette syndrome. The film focused on the terribleness of the mental illness through the eyes of a man who was obsessed with his wife and his personal hygiene. Before I saw this film, I had only read what OCD was about. After watching this movie, I could better comprehend what a person with OCD may be going through. How can you tell if someone's over-attention to detail and habitual behavior are normal or a sign of a serious condition?

According to the psychologists, worrying, having doubts, and superstitious beliefs are normal. Having excessive thoughts that cause

harm is not. Even more important is to note that the person that has normal worries, doubts and superstitions can set aside them as being just a thought. OCD sufferers are not so fortunate. Their excessive thoughts can include worrying about germs or fretting about an accident obsessively. The thoughts become so all consuming that, for example, they cause OCD sufferers to spend hours at a time hand washing until their hands are raw, or drive around and around the block to check that an accident didn't occur. With OCD, the brain focuses on one obsessive thought that repeats over and over again like a broken record. They focus on one thought and can't let go of the thought.¹

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OCD – WHAT IS IT REALLY?

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Once the obsessive thoughts occur, the mind will attempt to find a solution to why they have these obsessive thoughts. They can't reason a way out, and the thoughts don't go away. Sadly, there is no magical reason that will stop the obsessive thought. The solution lies within therapy and medication.²

Some of the common symptoms of OCD are either obsessing over a thought or acting out compulsively on an obsessive thought. For example, there are repetitive behaviors such as the following:

- Repetitive actions, such as hand washing or checking, can be compared to Jack Nicholson in "As Good As It Gets" where he has to check each lock on the door three times to assure that it is locked.
- Mental actions, such as counting, or repeating something over and over again, such as repeating a verse over and over again.

An excellent example of an OCD cycle can be found by visiting:
[http://understanding_ OCD.tripod.com/ocd_cycle.html](http://understanding OCD.tripod.com/ocd_cycle.html)

The repetitive actions and mental acts are all-consuming. The acts can take an hour or more a day. These acts significantly burden the OCD sufferer's personal and professional life. According to Steven Phillipson, Ph.D, he states that OCD is an anxiety disorder, not a thought disorder:

Obsessive Compulsive Disorder (OCD) is an anxiety disorder, first and foremost. It is not a thought disorder. Although the thoughts associated with OCD are bizarre, they are not at all the focal point of the therapeutic objective. The

essential features of OCD are recurrent obsessions (thoughts) that create an awareness of alarm or threat. (e.g., "I might get AIDS from the germs on that door knob;" "Since I had the thought of killing my baby, I might be capable of doing it;" "If I don't pick up that Band-Aid someone else might get sick from it, and I would hold myself culpable;" etc.)...³

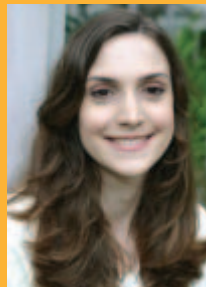
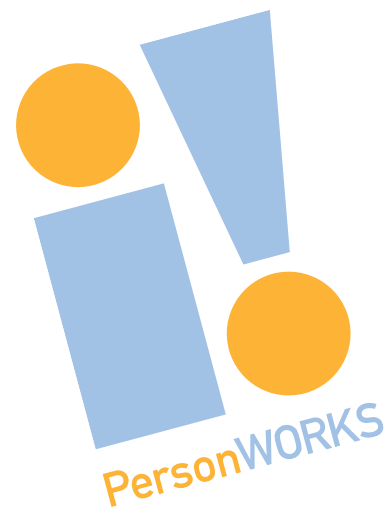
If you are concerned that you or someone you love may have OCD, you can learn more by taking this quiz:

<http://psychcentral.com/ocdquiz.htm>

¹ Diagnostic and Statistical Manual of Mental Disorders (DSM IV)

² http://understanding_ OCD.tripod.com/ocd_obsessions.html

³ <http://www.ocdonline.com/>



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ORGANIZING FOR A CAMPING TRIP

This summer I went on a terrific camping trip with some close friends who are avid campers. The trip was terrific, but due to a small miscalculation, one couple wound up sleeping in the back of a pickup on an air mattress. There was one tent to few. I asked my frequent camping friends for their suggestion about their packing list. Keep your list in a Ziploc bag taped to the front of their cooler so you know where it is, it doesn't get wet, and you can update it when needed.

Supply suggestions and what to pack

- Tent
- Gatorade powder (great for hikes, and if you're using local water, it hides the taste)
- Air mattress (don't forget the pump and patch kit)
- Pillows (or pillowcases that you can stuff clothes into to use as pillows)
- Sleeping bags (warm enough for the weather you expect)
- Raincoat
- Swim suit (if weather permits)
- Towel
- Bug spray (if you're going somewhere with bad mosquito problems, consider one with 30% Deet—it's more toxic but works much better)
- Sunscreen
- Matches or lighter
- Cooler for drinks and food
- Skillet and pot
- Foldable swiss army-style knife or leatherman
- Axe or firewood
- Chip clip or tape (for when you're done with the chips)
- Utensils (including can opener, bottle opener, silver or plasticware, plates, and cups)
- Napkins or paper towels

Food to bring

For food you will want to bring items that are easy to prepare and containers that seal well. Some ideas are:

- Chips
- Fruit salad
- Veggie and hamburgers

- Frozen potatoes
- Eggs
- S'mores supplies
- Canned beans or stew

Organize your bedtime items

Be sure to organizing your stuff so you can find it in the dark. My friend figured this one out when she was stumbling around in the pitch-black at two in the morning looking for her flashlight.

Remember a campsite will be very dark! Put items for bed into a container that you recognize the feeling of. Place it at your pillow. That way you know where it is, and you can grab the container and go!

Cleaning up quick

There are excellent fast ways to clean up and still enjoy your last day on your camping trip. Bring the following to accomplish this:

- a small bottle of dishwashing soap
- Two tubs – one for soapy water, one for non-soapy water
- Scrub brush
- Sponge
- Quick dry dishtowel

