

# Restless and Anxious

by Dana Anderson, MFT |

**Q:**

I have too much to do. I cannot relax. It seems like there is so much to get done. All I can focus on is what needs to get done and I know it is not healthy for my body. It seems like my muscles are always tight. What can I do?

**A:**

You sound like a victim of the ‘Information Age.’ The Internet and all of its cousins (technology advances) have saved us time, yet managing and maintaining our emails, phone messages, Facebook and Twitter accounts really take a chunk out of our down time.

What I have noticed is that women, myself included, have become very good at compartmentalizing. Men can naturally compartmentalize, it is part of their biology. Now it has become necessary for all of us.

One day, one thing at a time. While you are thinking about or engaged with that one thing, do not focus on the others. For example, you have to move your sister this weekend; your son is graduating Thursday; next weekend is your father’s birthday and you are bringing the cake and salad; at the end of the month you are going camping for four days with a large group; and somewhere in there you need a hair cut, not to mention the grocery shopping. Well, add children, a husband, and their schedules and you will feel pretty frazzled if you are focusing on all of it at the same time—which we do, naturally.

Take the next three days; focus on the graduation, then the move and then the cake, etc. And truly block out all “planning” thoughts and concerns for any of the other events until you are free of the last. You will find yourself saying—when your mom calls two weeks ahead about the Birthday cake, “I can not think about that now. Do not worry, it will be handled.” And know that it will.

This will also free you up to let a little spontaneity back into your life, which is always a good thing. You may find you have two hours unexpectedly to pop in at the...wherever. I would suggest the massage therapists because once your body

is unable to relax it needs good intervention. Then you can incorporate your own relaxation techniques. I highly recommend Sarah Ban Breathnach's Simple Abundance and Something More, two books designed to make their gifts easy and helpful. Good luck and many blessings.

*For more info, contact Dana Anderson, MFT specializing in personal and spiritual growth counseling at (775) 323-4242.*