



- The right side of the scale holds positive things: your boss complimented you, you're exercising again, your finances are in order, the kids like you (this week), etc. Most of our lives are spent in a pretty stable balance (homeostasis) tilting slightly *left* or *right* depending on circumstances. This works fine until a significant *negative event* strikes (health scare, pandemic lockdown, job loss, death, divorce, etc.) and tilts the scales too far to the *negative side*. If, for whatever reason, we're unable to rebalance our scales (perspective, exercise, therapy, medication, etc.) – life can turn unbearable with anxiety, fear, helplessness and dread.
- When we feel overwhelmed, our thoughts often fixate around a myriad of 'Why me', 'what's next', and 'what if?' worst-case scenarios. And if this goes on long enough, our brain chemistry can shift. Dopamine (a chemical neurotransmitter naturally produced in the brain) and Serotonin (a key hormone that stabilizes mood and a sense of well-being) can deplete. And when this happens, not only will your mind struggle to deal with the immediate crisis or challenge, it also experiences a biochemical change that makes it difficult to think clearly. Thoughts turn to anxiety – anxiety into obsessions – and obsessions into a downward spiral of hopelessness and helplessness. *Steppingstones* helps the mind regain balance by creating structure to help break previously overwhelming problems into manageable pieces.
- As an important side note, there is no shame in taking medication. Forget whatever stigmas may be circulating in your mind. When prescribed and monitored correctly by a physician, they are tremendously helpful.

Crisis and a Fuzzy Brain

I discovered a sad fact after spending far too much of my life writing self-help, psychology books (*one of which I actually found at a Dollar Store and yes, I bought it.* *(Insert your joke here).*

The fact is, when we're trapped in that endless worry-anxiety loop, the last thing we need is a 200-page book (the length my publishers required). That's too much to process and apply. What the mind in crisis craves is an easy *technique* that reels thoughts in from the universe of worst-case scenarios and back to what can I do now.

Steppingstones teaches quick, easily understood and biblical and therapeutic steps to:

Being present in
the moment

Refocusing on
'what is good' vs.
'what is wrong'

Giving control to
God – and NOT
taking it back daily

Letting go of the
things you can't
control

Setting
boundaries on
worry