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'Tis visible silence, still as the hour-glass,  
Deep in the sun-searched growths the dragon-fly  
Hangs like a blue thread loosened from the sky:--  
So this winged hour is dropped to us from above.



## Who is Stacy?

I am a Licensed Marriage and Family Therapist in Tallahassee, Florida. I graduated from John F Kennedy University with a Masters in Counseling Psychology, and I also hold a Masters degree from Yale University.

I work in a private practice in Midtown Tallahassee and am passionate about my work with individuals, couples, and adolescents. I specialize in loss and trauma, and am a Certified EMDR Therapist.

You can visit my website to learn more about me and my practice: [www.stacystoddard.com](http://www.stacystoddard.com)

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# Therapy Thoughts

Fall 2014

Newsletter

## Get out of your head and do something!

I'm a therapist, which means I'm supposed to help you talk through and process your thoughts and feelings, right? Wrong. Well...right, but only sort of. I actually have found that getting out of your head can sometimes do more than talking!

Harvard did a study a few years ago that used an iPhone app for people to track their thoughts throughout the day, and the study's results were clear. The title of the final paper was "A wandering mind is an unhappy mind." Other studies have shown that our brains' default mode is one of worry about either the past or the future. So when you're not actively engaging your mind in something productive, it's bound to send you into a spiral of worry.

So, what can you do? Work to keep your mind productive. If you're working or talking in a way that is helpful (like in therapy or with a friend), your brain is helping you stay engaged in the moment, and this is good. If your mind is just wandering while you play a video game or watch TV, this is not good. So when your mind starts to wander, it's time to get it engaged in something!

Here are a few of my favorite ways to get out of your head:

Learn a craft. Knitting and the popular rainbow looming are some easy ones.

Take a walk while listening to music.

Help someone else do something. This doesn't

have to be a big volunteer project, but the goal is just to be helpful to someone other than yourself. Do you have a friend that would like some company while she runs errands? Or a neighbor that needs his lawn mowed?

Call a friend and listen to her talk about her problems. Don't focus on yours, but instead just be there for her.

Write a story. Just sit down with a pen and paper and see what comes.

You might be surprised how much more relaxed you feel if you can prevent your mind from wandering with worry!

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My new office is located on a quiet street in Midtown!

## Check out my new office!

I have moved offices!

As of October 1st, my office is now located at 109 West 4th Avenue in Midtown. It's behind Decent Pizza, a yummy place to stop after your appointment. :-)

I'm excited to be sharing the office with more therapists, to have a bigger waiting room—complete with water and coffee and candy—and also a bigger office.

My new office is easy to find, accessible, and comfortable. You park right in front, enter in the front, and I'll get you in the waiting room at the time of your appointment.

Come check it out!



**Over 50% of Americans feel a significant amount of stress.**

Not shockingly, stress is the number one cause of both mental and physical distress. Over 50% of Americans report experiencing a significant amount of stress that impacts their daily lives. There's a lot I could say about how stress happens and why it impacts us so much. There's more I could say about how complicated it is, especially when current stressful situations trigger past traumas and childhood wounds. But, instead, I'm going to list 10 tips that will help you manage your stress. Some of them seem easy, some are

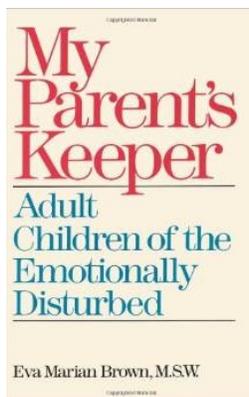
hard, but I promise you'll feel the impact of your stressful situations less if you can practice these ten things.

1. Go for a walk.
2. Focus on the things you CAN control instead of the things you can't.
3. Breathe. Deep breaths.
4. Go to bed earlier.
5. Let yourself reminisce about

good things and good times from the past.

6. Let yourself dream about the future.
7. Give someone a compliment.
8. Give yourself a compliment.
9. Keep a gratitude journal.
10. Ask for help.

Try these things for a week.—you'll see!



## Book Recommendation - My Parent's Keeper

Was your mom or dad a little more intense than other moms and dads? Did your mom spend hours in her room alone and crying? Did your dad swing from happy and successful to angry and violent?

In this book, Eva Brown describes what it's like to grow up with a mentally ill parent. If that was you, this book is a must-read! The author normalizes what childhood is like in a home with an emotionally disturbed parent, and then walks

readers through a series of insights and steps to illustrate how they can heal from their pasts as well as understand how their experiences can and may already be influencing present relationships. There is hope!

Every adult child of an emotionally disturbed parent that I know of who has read this book has felt relieved, validated, and somewhat healed from being able to see him/herself in the pages and experienc-

es written about. Although the book is a bit dated at this point (written in 1989), it's a classic for those with a mentally ill parent!

Brown, Eva Marian. (1989). *My Parent's Keeper: Adult Children of the Emotionally Disturbed*. New York: New Harbinger Publications.