

PRESS RELEASE
DON'T BELIEVE EVERYTHING YOU "THINK" ABOUT MENTAL ILLNESS

One thing individuals with mental health disorders deal with is "stinking thinking." Mental illnesses have ways of holding people hostage in their heads as they ruminate non-stop over exaggerated and doubtful thoughts. For those who have never dealt with this issue, it is hard to imagine the constant flux of paralyzing fear these thoughts can bring.

Carol Kivler, international executive coach/consultant, popular mental health speaker and author, suffered through four bouts of severe clinical depression. During each episode, her exaggerated thinking had her believing that she would be penniless, lose her home, and have no food to feed her children. Nothing could have been further from the truth; yet she was convinced these thoughts were the case.

"Stinking thinking" is not reality and can be overwhelming at times. These thoughts need to be kept in perspective and so remember the following:

- These thoughts are not your reality but a symptom of your illness.
- Reground yourself by seeking others to help you refocus your thoughts to what is real.
- Be kinder and patient with yourself as you move through your episode.

And finally, realize that recovery is a journey that takes place one step at a time.
Don't believe everything you "think" about mental illness!

Contact: Carol Kivler 609-882-8988 or Karen Meltzer 609-897-9442
Or visit www.carolkivler.com