



### UPCOMING EVENT:

Saturday, Feb 7, 2015 | Temple, TX  
Dr Sulak is Keynote Speaker at annual Temple Daily Telegram "Day for Women." For information, [www.tdtnews.com](http://www.tdtnews.com) Register online.

### SPECIAL THANKS:

Thanks to the 300 Texas A&M AgriLife employees who attended the Living WELL Aware conference on January 8 at Texas A&M MSC and to the 250 nurses who attended Dr Sulak's presentation on Living WELL Aware January 24.

### NEWS:

This month, Dr Sulak will be conducting the LWA conference for employees of Jenks Public School in Tulsa OK and will be keynote speaker

## Hide and Seek!

### Winter 2015 Newsletter

OK, I know I'm giving away my age, but how many of you remember the game Hide and Seek? As a kid growing up on the farm outside Osceola, Texas, we played it all the time. Family and friends would get together and someone was chosen to Seek while everyone else went to Hide - - in the house, barn, shed, or anywhere within a designated area. The last one to be found won that game. Since computers, video games, and cell phones had not been invented, we had to come up with our own entertainment. We were often told by our parents "Go outside and play!" So we did.

Today, I would like to introduce a modern day Hide and Seek game. We literally need to **HIDE** so we can **SEEK** a higher level of peace and joy in our lives. Why do we need to HIDE? We are so "connected" today via cell phones, e-mail, Facebook, Twitter, texting, Instagram,

in Dallas at the annual Texas Association Concerned with School Age Parenthood.

### **SPEAKING EVENTS:**

Dr Sulak will also be speaking to:  
Church Women of Temple,  
Texas A&M Dept of Engineering,  
Texas A&M College of Pharmacy,  
Altrusa International District 9 State Meeting, San Antonio  
11th Annual Diabetes Conference, Corpus Christi  
Texas School Nurse Organization, Houston  
American College of OG/GYN Annual Meeting, San Francisco  
Nurse Practitioners of Women's Health Annual Meeting, Salt Lake City

**To inquire about Dr Sulak's availability to speak to your school, business or organization, email [sulak@livingwellaware.com](mailto:sulak@livingwellaware.com) or call 254-774-8515**



STAY CONNECTED

and other media modalities, we may find it difficult to be alone with ourselves. We can become submerged in being "connected". I often find myself continually checking e-mails while others may be constantly on Facebook or Twitter. We are also exposed to a constant barrage of information and entertainment on TV, radio, and computer sites. It's as if we don't want to "miss" anything. We can also "tune out" the real world by wiring ourselves with earphones to listen to music, podcasts, or numerous other outlets.

I'm happy to say that my husband and I are doing a better job of detaching from a culture of connectedness. We quit watching TV sitcoms many years ago and only rarely turn the TV on to listen to a news special or documentary. We are doing a better job of applying Essential Element #10: Pause, Ponder, Plan, Pray. As I mention in my book *Should I Fire My Doctor?*, it's about RPM: Reflection, Prayer, Meditation. Or, whatever you call it in your world. I like today's commonly used term "mindfulness meditation". I personally find taking 20-30 minutes to go HIDE and be by myself with no distractions the most difficult of the 11 Essential Elements to Living WELL Aware. Eating healthy, exercising, normal numbers now - - easy for me to do now that I've been working on it for a few years. To be **ALONE** with all gadgets turned off and **DO NOTHING** is tough. But it's well worth it.

While I prefer longer periods of meditation, try my quick and easy **RPM** technique. Find a quiet place and sit comfortably upright in a chair. Spend 5 minutes in **Reflection**. How are you blessed? For what and whom are you grateful? Do you have grievances against anyone that need to be dumped so you can live a life of peace and joy? Who can you lift up today? It's so easy to get wrapped up in worrying about things at work, concerns about family members, bills that need to be paid, things to do, etc that we can forget all the many

blessings we have and the gratitude we need to express. We can be so angry about some past event that we are destroying the quality of our life.

After 5 minutes of reflection, allot about 5 minutes for **Prayer** - - whatever that may mean to you. It may be a standard prayer such as the Our Father spoken VERY slowly concentrating on each word, or it may be spontaneously prayer you compose from your heart. Find someway to connect with a higher power.

Then, move onto **Meditation**. Take a few minutes to just focus on your breathing paying attention to the air moving into your lungs as your belly expands, then exhaling observing your abdomen deflate. How often do we take time to appreciate the beauty of our breathing that keeps us alive? As you focus on your breathing, try to remove all thoughts. This can be very difficult. As a thought enters, recognize it, then go back to focusing on breathing. While most instructors of mindfulness meditation recommend extended periods of focused breathing, a few minutes can have great benefit in reducing stress and anxiety and even help with management of pain syndromes. The guru in this area is Jon Kabat-Zinn who directs the Mindfulness Based Stress Reduction program at the University of Massachusetts Medical Center. There are now MBSR programs throughout the country. Just Google MBSR for more info.

Let's face it. If we aren't stopping and really questioning the current culture of craziness, we can find ourselves stressed out, anxious, not satisfied with life, and worse yet, angry with those around us and even depressed. If we stop and focus on the beauty of just experiencing the wonder of simply breathing and being grateful for life's events, we can begin to experience a life of peace, joy and contentment.

If we HIDE away somewhere for at least a few minutes each day to just be with ourselves, we will find it easier to SEEK the life we truly deserve to experience. Don't buy into the continual culture of connectedness. HIDE and SEEK is a game we should all play!

Patricia J Sulak MD  
Founder, Living WELL Aware

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