

# C.S. Lewis & Co. Publicists

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Dear Editor/Producer,

Everyone feels tired, burnt-out, depressed, or aggravated occasionally. So how do you cope with such negative states? Do you seek comfort in food or unhealthy behaviors? Do you withdraw, get irritable, or become workaholic as ways of coping?

**JUDITH ORLOFF, MD**, a pioneer in the new branch of medicine called Energy Psychiatry, offers practical solutions in her best-seller, *Positive Energy: 10 Extraordinary Prescriptions for Transforming Fatigue, Stress & Fear into Vibrance, Strength & Love* (Hardback, Harmony Books, 2004; Paperback, Three Rivers Press, Sept. 2005). In it, she shares mind/body techniques and effective strategies developed during her eighteen-year private psychiatry practice that replenish the body's energy systems and infuse positive energy into your body, moods, relationships, and career.

Known internationally for the workshops and seminars she conducts on health, intuition, and energy, Dr. Orloff is a media pro who has appeared widely on national radio and television, and in major newspapers and magazines. She is available to talk on a number of health, self-care, and psychology topics, including:

- **Celebrity Energy Secrets.** “Advisor to the stars” Dr. Orloff reveals how celebrities such as Pamela Anderson, Jamie Lee Curtis, Larry King, and Naomi Judd use her techniques to stay healthy and positive in high-powered lives.
- **How to Protect against Energy Vampires.** Learn to recognize six types of energy vampires—people who suck the life force right out of you—and pick up easy self-defense strategies to protect your energy from their depleting negativity.
- **Ultimate Energy Makeover.** Discover mind/body techniques, behavioral strategies, activities, foods, and other tips that help you tap into hidden reserves of positive energy and make you feel, look, relate, and perform better instantly.
- **Healing Power of Positive Energy.** Find out how the medical world is embracing energy therapies, which use the body's own energy systems to heal everything from depression and addiction to chronic fatigue and obesity.
- **How to Counter Negativity in Everyday Life.** Learn practical ways to turn negative emotions such as fear and worry into useable energy, and protect yourself against the negative influences of machines, media, and work.

Please let me know if you'd like to brainstorm ideas for a story, bylined article, feature, or segment, or if you would like me to arrange for you to speak with Dr. Orloff directly.

Sincerely,  
Cathy Lewis

# Positive Energy

**New book offers practical tools for combating negativity and boosting positive energy in your life.**

There's a hidden energy crisis in this country. We're suffering from chronic physical, emotional, and spiritual depletion, and we've come to believe that being tired is a normal state. What's causing us to feel so exhausted, depressed, and overwhelmed?

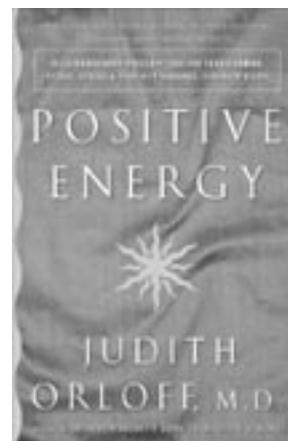
According to psychiatrist **JUDITH ORLOFF, MD**, negativity bombards us from many sources: relentless news crawlers, technology overload, overwork and mounting commitments, negative or needy people we can't avoid, and everyday stressors that are part of normal life.

In her latest best-seller, *Positive Energy: 10 Extraordinary Prescriptions for Transforming Fatigue, Stress & Fear into Vibrance, Strength & Love* (Hardback, Harmony Books, 2004; Paperback, Three Rivers Press, Sept. 2005), Dr. Orloff presents hands-on techniques and strategies to help protect yourself from negative people, emotions, and situations. She offers useful energy-building tips and tools that bring new vitality into your body, emotional life, relationships, and job.

Learn how to:

- Recognize and defend against "Energy Vampires," people who suck the life force right out of you
- Attract positive people and surround yourself with love
- Take charge of your health, weight, and fitness
- Manage your moods and feel light-hearted and happy
- Prevent work and responsibilities from depleting you
- Bring more sensuality into your life and relationship
- Get charged with inspiration, creativity, and motivation
- Draw abundance and prosperity to you
- Feel vital, strong, and energized all the time

Dr. Orloff's practical self-care strategies blend conventional mainstream medical wisdom with new scientific understandings of the body's energy systems. This book will benefit anyone who wants to preserve, boost, and replenish their own positive energy reserves, and especially those of us who are overworked or stuck in a rut professionally, drained by chronic health conditions, fatigued or uninspired in general, or struggle with moods, weight, or unhealthy habits.



## **Signs of Positive Energy in People**

- *They exude a sense of heart, compassion, and support.*
- *You feel safe and relaxed around them, and want to be close to them.*
- *They emanate a peaceful glow.*
- *Your optimism and energy increase when you're around them.*

For more information, contact:  
**CATHY S. LEWIS**, email:  
CLEWIS1333@AOL.COM  
voice: (845) 679-2188  
fax: (845) 679-0529

# About the Author

**JUDITH ORLOFF, MD**, is Assistant Clinical Professor of Psychiatry at UCLA, and author of the best-seller, *Positive Energy: 10 Extraordinary Prescriptions for Transforming Fatigue, Stress & Fear into Vibrance, Strength & Love* (Hardback, Harmony Books, 2004; Paperback, Three Rivers Press, Sept. 2005).

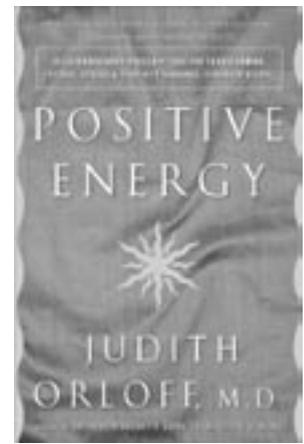
Known internationally for her pioneering work in the emerging field of medicine called Energy Psychiatry, she lectures and presents workshops frequently throughout the world on the interrelationship of intuition, energy, and medicine, particularly as it relates to health and well-being. She has experience with all kinds of audiences, from everyday people in the human potential and alternative health communities to professionals from medical schools, hospitals, and research institutions.

Known as the “advisor to the stars,” Dr. Orloff has an eighteen-year private psychiatry practice in LA, where her admirers include such celebrities as Pamela Anderson, Alanis Morissette, Jamie Lee Curtis, Naomi Judd, and Quincy Jones, to name a few.

Dr. Orloff is the author of two previous best-sellers, *Second Sight* (Warner Books), and *Dr. Judith Orloff's Guide to Intuitive Healing: 5 Steps to Physical, Emotional, and Sexual Wellness* (Three Rivers Press).

She is a media-savvy expert who has been featured widely in print and online venues, and on radio and television. Recent media credits include *O* magazine, *Self*, *Glamour*, *Elle*, *USA Today*, CNN, PBS, Lifetime, A&E, and NPR, among many others. Dr. Orloff was recently featured at the 2003 Fortune Magazine's Most Powerful Women Summit.

Learn more about Dr. Orloff and her work and writings by visiting [www.drjudithorloff.com](http://www.drjudithorloff.com).



For more information, contact:  
**CATHY S. LEWIS**, email:  
[CLEWIS1333@AOL.COM](mailto:CLEWIS1333@AOL.COM)  
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fax: (845) 679-0529

# Interview Topics

## How to Ward Off Energy Vampires

*Learn how to protect yourself from people who suck your energy.*

How do you know when you've encountered an energy vampire? The tip-off is that even after a brief contact, you leave feeling worse, but he or she seems more alive. Dr. Orloff says we all have people in our lives who deplete our energy. Learn:

- 7 early signs that your physical energy is being drained
- 9 types of energy vampires, and how to recognize them
- Effective self-defense strategies for each type
- How to protect your energy from unintentional energy sappers, such as children, parents, and mates

## The Ultimate Energy Makeover

*Tips for looking better, feeling better, and revolutionizing your approach to wellness.*

Even if you've failed at other wellness makeovers in the past, Dr. Orloff can show you mind/body techniques, behavioral strategies, activities, foods, and other tips that help you tap into hidden reserves of positive energy and make you feel, look, relate, and perform better right away. Find out:

- Quick, easy tips for repairing frazzled energy on the spot
- How to design an energy-aware diet, fitness, and health program
- How to recharge your body and mind using techniques that yield high-quality, nourishing sleep
- How to recover sensuality/sexuality as part of your positive energy makeover

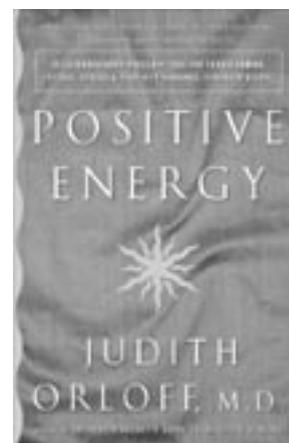
## Are You an Intuitive Empath?

*If you are a highly sensitive person, you need self-defense strategies to avoid exhaustion.*

Ultrasensitive people tend to absorb negative energy from their environment and from others around them. Are you the type others come to with problems? Do you get emotional when you watch gruesome newscasts? Do you run to the refrigerator after a stressful day at work? Dr. Orloff says these are just three of the signs that you may be an intuitive empath. Learn:

- 8 questions to help you determine if you're an intuitive empath, at risk for energy depletion
- Why intuitive empaths are prone to energy depletion
- Symptoms of intuitive overload
- How to take charge of your energetic health
- How to stay open and not absorb negativity

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### 9 states that make you an easy target for Energy Vampires:

1. Not enough sleep
2. Poor diet
3. Lack of exercise
4. No spiritual replenishment
5. Excessive work
6. Emotional stress
7. Illness
8. Substance abuse
9. Intuitive empathy on overdrive

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CLEWIS1333@AOL.COM  
voice: (845) 679-2188  
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## How to Stay Positive in Times of Terrorism and Uncertainty

*Find out how to relieve stress that's out of your control.*

How do you live with stress caused by a terrorist attack, a loved one stationed in Iraq, or even a natural disaster? Dr. Orloff says it's essential to master self-protective energy techniques to fend off unpredictable stressors and negative forces in our world. She demonstrates:

- A simple exercise to banish worry
- How to replenish optimism by putting yourself in the Now
- 7 tactics for de-energizing fear
- 3 energy measures to make you sleep deeply
- Energetic first-aid tips for reducing stress instantly

## Recharging Your Sensual/Sexual Self

*Effective ways to bring more sensuality into your life.*

Dr. Orloff believes sexuality should be part of everyone's wellness program. She talks about:

- How to remove sexual blocks and ignite sexual energy
- 5 signs of positive sexual energy; 5 signs of negative sexual energy
- 4 ways to awaken sensuality with or without a partner
- 5 interventions for repelling negative sexual energy
- 5 techniques for enhancing positive erotic energy

## Quick Fixes for Fatigue, Frazzled Nerves, and Stress

*Techniques and strategies for instant-energy pick-me-ups.*

When an angry coworker, a crashing deadline, or some bad news zaps you unexpectedly, you may need a quick infusion of positive energy. Dr. Orloff offers a whole kit full of energy first-aid tips:

- A 3-minute mini-meditation to recharge your batteries
- Ways to make yourself laugh and relieve trapped tension
- How to take a five-minute technology fast
- 5 tools to defuse anger
- 4 simple tips to help you feel energized in the present

### Signs that you need to stop rushing and protect your positive energy:

- *Your energy feels scattered*
- *You have little or no awareness of your body*
- *You experience a subliminal or overt sense of panic*
- *Your ability to listen is impaired*
- *Your memory for details is shot*

### Common Killers of Sexual Energy

- *Exhaustion*
- *Rushing*
- *Repressed hostilities or anger*
- *Mean behaviors that wound*
- *Not speaking your needs*
- *Losing interest when newness fades*

# More Interview Topics

## **The Healing Power of Positive Energy**

*How energy therapies help people achieve wellness.*

Sickness is a sign that your positive energy is depleted or out of balance. Dr. Orloff is a pioneering practitioner of Energy Psychiatry, a new discipline that addresses the energetic components of health and behavior. She discusses:

- How to find an energy medicine practitioner—and how to spot a quack
- Self-healing techniques to access positive energy when stress or symptoms strike
- How to send and receive healing energy with another person
- New findings on the healing benefits of positive energy

## **How to Free up Creativity**

*Fresh creativity-boosting tips to energize your muse.*

Inspiration is an important component of health. Whether you've got writer's block or you're stuck in a rut at work, Dr. Orloff's tools and techniques will add dazzle to your world. Learn:

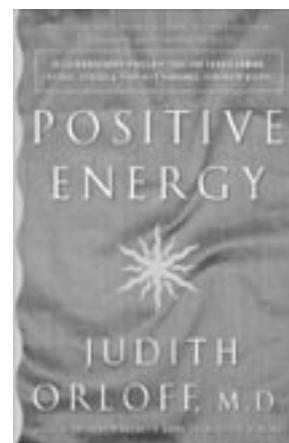
- How creativity frees energy
- 5 creativity killers and how to combat them
- 4 actions that bring more creative energy into your life
- 5 ways to be a vessel for creative energy
- How to find a passionate hobby and boost everyday energy
- 5 ways to nurture your inner, creative child

## **An Energy Program for Addiction Recovery**

*Coping tools and strategies for recovering addicts and alcoholics.*

Addicts and alcoholics are extraordinarily sensitive people who tend to get overwhelmed by the intense, negative energy they pick up, and then they self-medicate in response. Dr. Orloff discusses:

- Why empathetic, sensitive people are prone to addiction
- Energy self-defense techniques for recovery
- Energy tools to counter addictive cravings
- Real-life success stories from the recovery community



### **How to Find a Creative Outlet**

- *Investigate your interests, latent and known.*
- *Tune in to possibilities; listen to the body's intuitive answer.*
- *Let adversity inspire you.*
- *Make time for art you enjoy.*

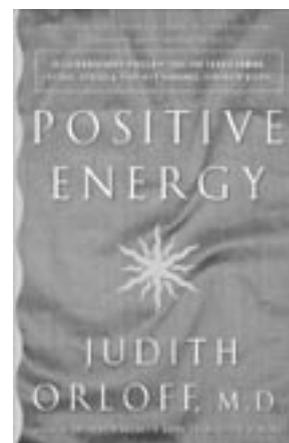
### **Creativity frees energy by:**

- *Connecting you with joy*
- *Freeing up stagnant life force*
- *Bettering health and mood*
- *Providing a break from problems*
- *Counteracting fatigue*
- *Shaking you out of ruts*

For more information, contact:  
CATHY S. LEWIS, email:  
CLEWIS1333@AOL.COM  
voice: (845) 679-2188  
fax: (845) 679-0529

# Suggested Interview Questions

1. Why did you write *Positive Energy*?
2. Talk about the epidemic of exhaustion you perceive in this country. What's the cause of all this fatigue?
3. What are some signs or symptoms that your energy is out of balance?
4. What's an intuitive empath, and what are some ways that being highly sensitive might affect one's energy level?
5. How do you stop absorbing the negativity and stress of others?
6. How can sharpening your intuition help you increase your energy?
7. How do you recognize an Energy Vampire? What are some self-defense strategies to prevent an Energy Vampire from draining your positive energy?
8. How is negative energy related to overeating, and how does your energy program fit into a diet and fitness plan?
9. What are some forms of negative energy one might encounter daily?
10. How do you combat your "inner slave driver"?
11. What are some concrete ways to counter negativity?
12. You say healthy sexuality is critical to overall wellness. How can you increase sexual energy and invite more positive sensuality into your life and relationship?
13. How does creativity increase positive energy?
14. How can positive energy increase prosperity and abundance?
15. How can you attract positive people into your life?
16. What is Energy Psychiatry?



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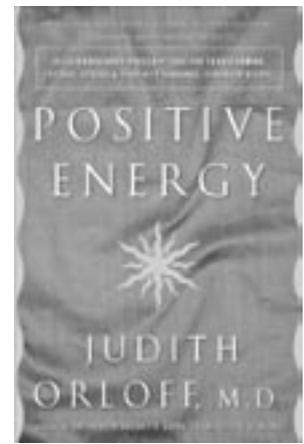
# Are You an Intuitive Empath?

Find out if your health and well-being are being affected because you're oversensitive.

*To determine if you're an intuitive empath, take the following quiz. Circle "yes" for those that describe you, and then see below for scoring.*

- YES NO Do people tell you that you're overly sensitive?
- YES NO When friends are in physical or emotional pain, do you start feeling it too?
- YES NO Do you avoid crowds because you get overwhelmed with so many people?
- YES NO Are you chronically tired and don't know why?
- YES NO Do you take on other people's stress and become exhausted?
- YES NO Do you run to the refrigerator when you're around negativity?
- YES NO Do you avoid romantic relationships because you're afraid of being engulfed or smothered?
- YES NO Do closed spaces such as elevators, airplanes, and subways make you anxious?
- YES NO Do loud noises or strong smells repel you or make you tense?
- YES NO Do you get worn out by too much talking around you?
- YES NO Do you feel depleted after watching or reading gruesome news?
- YES NO Do you need a lot of "space" or alone time after being in groups?

—MORE—



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**Scoring: Count up the number of Yes answers you circled for the questions above.**  
***If your score is:***

- 1–4** It's likely you're losing energy as a result of being highly sensitive, empathic, and intuitive. You can be sensitive without getting exhausted or overwhelmed. It's important to learn to recognize people and situations that deplete you, and then practice techniques to defend yourself from their negativity and protect your energy.
- 5–8** You are experiencing the negative impact of intuitive overload. It's likely that your health, sleep, self-care habits, and relationships have been affected by intuitive empathy that is compromising your energy. Now that you've taken the first step by identifying the signs, you are in a great position to learn skills to build positive energy that will increase your happiness and quality of life.
- 9-12** You must be exhausted! It's possible that you are suffering from low-level depression, psychosomatic complaints, overeating, and even substance abuse. You may also experience negative emotions that are getting in the way of your health and happiness. The good news is that you can learn practical strategies that will replenish your positive energy and keep you from absorbing the negativity all around you. You will notice an amazing change in how you feel.

# What's Your Energy Type?

Learn energy-balancing techniques for your type.

JUDITH ORLOFF, MD, has discovered five main energy types in her medical practice that hold clues to one's emotional coping styles, quality of relationships, and overall health and well-being. Each requires a different set of energy-balancing techniques. *Which one are you?*

## ***Type #1: The Intellectual***

You're bright, articulate, and analytical. You embrace responsibility but tend to constrict energy, and get exhausted trying to figure everything out. You can wake up in the middle of the night with your mind racing, unable to go back to sleep. You have a sharp mind, but are often disconnected with your body. Because you tend to be out of touch with your emotions, you can find it difficult to establish nurturing connections with people. Plus, negative thoughts can take a real hold on you because you don't have skills to shift out of them.

***Energy Balancing Technique:*** Practice a body awareness meditation. This includes learning how to detach from thoughts so you're able to be more fully in your body. By practicing this, you won't just be living from the neck up. This will make you more accessible to others and less likely to get drained by your own negative or obsessive thoughts.

## ***Type #2: The Empath***

You're loving, intuitive, sensitive, on the quiet side, and a loyal friend, but tend to give energy away and absorb the pain of others. More than any other type, you're an energy sponge and may overeat to ward off stress and energy overload. Weight acts as a buffer—when you're thin, you're more affected by negativity. You may experience chronic fatigue, depression, or run from doctor to doctor with “mystery symptoms.”

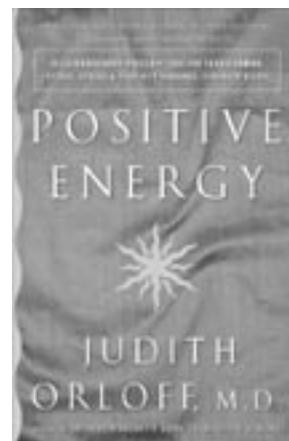
***Energy Balancing Technique:*** Set emotional boundaries. Take regular baths to wash off negative energy and visualize a protective white light around you, an energy shield that deflects negativity. These strategies will increase your energy level and make you feel stronger in the world.

## ***Type #3: The Rock***

You're strong for yourself, your loved ones, and the world, as well as being practical and good with finances, but you keep emotions inside so they eat away at you and drain your energy.

***Energy Balancing Technique:*** In a journal, list your fears about expressing your own needs, and then practice an exercise to allow yourself to receive support from others.

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**When you're in sync with your energy type, you can experience:**

- Emotional balance
- Physical stamina
- Patience
- Excitement
- Passion

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CATHY S. LEWIS, email:  
CLEWIS1333@AOL.COM  
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#### ***Type #4: The Gusher***

The opposite of The Rock, you express everything you feel to people, but may find it hard to make independent decisions or to feel emotionally centered when alone. You get anxious, tired, or afraid when there's no one to express yourself to.

***Energy Balancing Technique:*** Listen to your intuition to awaken inner wisdom. This helps you become more self-sufficient, energized, and empowered.

#### ***Type #5: The Floater***

You're dreamy, creative, and spiritual, but the practical world can seem overwhelming and exhausting to deal with. You tend to live in your dreams and not in your body.

***Energy Balancing Technique:*** Increase protein intake (denser food) and physical exercise for more grounding. Practice a breathing meditation to connect with your body and the earth. These strategies will solidify your link to the world so you're able to maintain a higher energy in everyday life and relationships. People will be able to connect with you more when you aren't drifting off.

#### **When you're out of sync with your energy type, you can experience:**

- *Ongoing fatigue*
- *Emotional numbness*
- *Irritability*
- *Mood swings*
- *"Psychosomatic symptoms"*
- *Decreased libido*
- *Sexual shutdown*

# Why Highly Sensitive People Overeat

Learn an energy-aware approach to diet and fitness.

If you're supersensitive, you may struggle with overeating. JUDITH ORLOFF, MD, has coined the term *Energetic Eating Disorder* to describe the condition where food is used unconsciously by empathetic types as a protective buffer against negative energy, people, and situations. It's no coincidence that people in "helper" professions, such as social workers and nurses, have weight issues.

## Are You a Negative Energy Sponge?

*If you answer "Yes" to one or more of the questions below, you may be particularly susceptible to energy-defensive eating.*

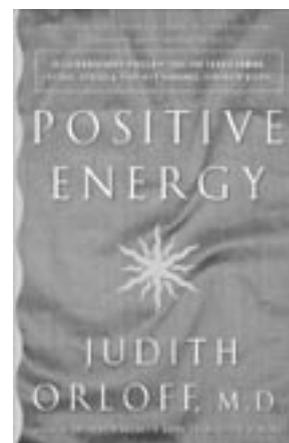
- Have you been labeled as overly sensitive?
- If a friend is distraught or in pain, do you start feeling it too?
- Are you drained in crowds and try to avoid them?
- Do you get anxious in packed elevators, airplanes, or subways?
- Are you hypersensitive to noise, scents, or excessive talking?
- When you see gruesome news, does your energy plummet?
- Do crowds frazzle you so you need time alone to revive?
- Do you tend to overeat when stressed out or emotional?

## 6 Emergency Tools to Halt Energy-Defensive Eating

*Here are six strategies to keep in your emergency toolbox when negative people, situations, or emotions become eating triggers:*

1. **Distinguish an addictive craving from a true need.** Are you eating to soothe a negative emotion, such as stress, anxiety, or anger?
2. **Quickly pinpoint energetic stressors that trigger addictive cravings.** Immediately ask yourself: Have I been exposed to bad energy (e.g., a siege of phone messages from an overbearing mother, a loud-mouthed neighbor, a final notice on a bill)?
3. **Breathe negativity out of your system.** Take a five-minute break for damage control. Using your breath as an aid, breathe in light, breathe out stress. Breathe in clarity, breathe out fear.
4. **Pray to release the addictive craving.** Get into a quiet state and ask your higher power for self-compassion and calm.
5. **Wash it away.** A quick way to dissolve negative energy is to immerse yourself in a bath or shower. It works!
6. **Burn sage.** Just because energy is invisible doesn't mean it isn't there. Leftover negative energy deposited in your home or office can accumulate and subliminally wear at you, triggering addictive eating. Dried sage and sage "smudge sticks" available in health-food stores will cleanse the room of negative energy.

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*Early faith healers were grossly obese to avoid absorbing their patients' symptoms.*

## 4 Positive Energy Exercise Strategies

1. *Find an energy-compatible space. Exercise where your energy is supported.*
2. *Make exercise a moving meditation. Connect with your body, breath, and life force.*
3. *Intuit the right exercise. Find an activity that lifts your spirit.*
4. *Melt your resistance. Revel in your body's feelings, even when you're tired.*

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CLEWIS1333@AOL.COM  
voice: (845) 679-2188  
fax: (845) 679-0529

## 7 Steps to Designing Your High-Energy Food Plan

*By combining positive-energy foods with good-sense nutrition, you can customize a diet that's in tune with your energy needs, helping you achieve the weight that suits you.*

1. **Take a food-energy inventory.** Make a survey of what's currently in your fridge, freezer, and cupboards. Ask yourself: Why did I buy these foods? Do I feel better or worse after eating them? How is my energy affected by these foods?
2. **Eat for energy.** Before putting anything in your mouth, run it by your "energy meter" by asking yourself: Will this nourish or deplete me?
3. **Recognize alive from dead food.** *Alive foods* or positive-energy foods: radiate a glow, are fragrant, filling, energizing, organic, chemical-free, and don't give you the impulse to overeat. *Dead foods* or negative-energy foods: appear limp or tired, lack fragrance, sap energy or add none, are overly processed or contain chemicals, make you bloated or ill, and stimulate overeating and sugar/carb binges.
4. **Visually tune in to the energy of food.** When you're at the market, observe which foods are energy charged. Does a piece of meat or fruit glow or seem listless? Do you feel drawn to a vegetable or repelled by it? When you pick up the food or package, how does it makes you feel?
5. **Viscerally tune in to the energy of food.** Learn how to test out and clarify your energetic food compatibilities. Pick two foods to compare on consecutive days, say, chicken and fish. In a food journal, rate them from 1 to 10 based on the following six questions: How do I rate my energy response? Does it set off an addictive craving? Do I experience mood swings? Do I like the taste? Do I like the smell? Do I like the texture? This is a great way to find which foods replenish or deplete your energy.
6. **Consciously drink water.** Keep a bottle of water with you. Learn how to soak up the energy benefits of water, and with every sip, feel water's regenerative powers.
7. **Eat for your body-energy type.** Learn your body-energy type and the foods that balance them.

## 3 Body Energy Types and Foods that Balance Them

1. **The Floater.** *Thin, small boned, highly intuitive daydreamer. Foods that balance: lots of protein, a mix of vegetables and fruit—often highly fragrant types, and grains.*  
**Biggest challenges:** *refined sugar, greasy foods.*
2. **The Earth-Centered Type.** *Sturdy, often muscular with a low center of gravity, emotionally aware, able to repel negative energy effortlessly.*  
*Foods that balance: Vegetarian diets, or minimal meat. Lighter foods energize; too much meat protein causes weight gain.*  
**Biggest challenges:** *heavy protein and carbs.*
3. **The Energy-Defensive Eater.** *Intuitive empath, a sponge for negative energy, including people's anger, depression, and pain. Copes with overload by overeating to build up a protective buffer (fat).*  
*Foods that balance: Copious water, at least six glasses a day, to flush out negative energy. Mini-portions of lean protein at meals and snacks three to five times daily. Unlimited vegetables, extremely limited whole grains.*  
**Biggest challenges:** *Sugar, comfort foods, fried and fatty foods, alcohol.*

# Positive Energy in the Workplace

Learn how to be more optimistic, creative, and motivated on the job.

JUDITH ORLOFF, MD, shares a number of practical techniques that can help you get out of a rut at work and back into a positive flow on the job.

## 6 Energy Vampires in the Workplace

*Energy vampires are people who suck the vitality right out of you. Learn to recognize them and protect yourself on the job.*

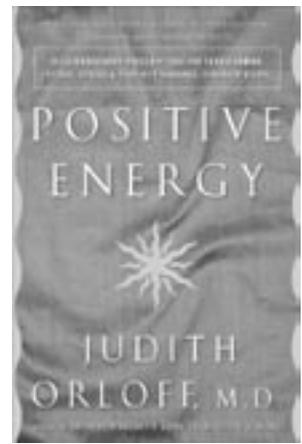
- **VAMPIRE #1: The Sob Sister.** Limit the time you spend talking to this perpetual victim with her “poor me” attitude. Have an excuse of “no time” at the ready when you see her coming.
- **VAMPIRE #2: The Drama Queen.** A day never goes by that there aren’t off-the-chart catastrophes, mishaps, and dramas in this vampire’s life. Set firm limits, and let him know that you won’t tolerate poor job performance or excuses.
- **VAMPIRE #3: The Constant Talker or Joker.** If you can’t get a word in edgewise, interrupt this attention hog and ask her to please excuse you for not talking a long time. Then leave.
- **VAMPIRE #4: The Fixer-Upper.** It’s not your job to be this vampire’s therapist. Tell this needy person that you empathize and are sure he’ll find a solution. Disengage; don’t rescue.
- **VAMPIRE #5: The Blamer.** Just being around this person fills you with guilt, self-doubt, and defensiveness. Next time she approaches, imagine yourself surrounded by a cocoon of white, protective light, inside which you are safe and secure from her negative barbs.
- **VAMPIRE #6: Go for the Jugular Fiend.** You never feel safe around this vampire because his put-downs are vicious and unexpected. Try a visualization that puts you at a distance from him, and don’t take anything he says personally.

## 4 Strategies to Break the Workaholism Cycle

*Here’s how to keep overwork from draining your positive energy:*

1. **Intuitively identify causes of workaholism.** Are you overworking because of loneliness? An inner slave driver? Financial pressures? List all of your reasons and why each is sapping your energy.
2. **Practice self-compassion.** Start by committing to just one self-compassionate action a week (e.g., taking a nap, finding a babysitter so you can go to an evening movie).

—MORE—



*Turn your office into a calm space with this simple meditation. For 3 minutes, close your eyes and begin taking deep breaths. If thoughts come, refocus back on your breathing. Picture a positive image, such as a waterfall or a flower, and hold that image for the duration.*

For more information, contact:  
CATHY S. LEWIS, email:  
CLEWIS1333@AOL.COM  
voice: (845) 679-2188  
fax: (845) 679-0529

3. **Savor the ecstasy of doing one thing at a time.** As a respite from multi-tasking, choose one activity, such as cleaning off your desk, and do it mindfully, without letting phones, emails, or other distractions interfere with finishing it. You'll get a surprising natural high.
4. **Get an intuitive death-bed perspective.** Project yourself into your last minutes and reflect on all the highlights of your life, one by one. How does your pressing to-do list rate in importance now?

### A 5-Step Inspiration Inventory to Find Passionate Work

*Find out what does and doesn't inspire you in your job:*

1. **Identify the conflict.** In a journal, define the conflict about your job.
2. **Ask yourself what irritates you about your job,** whether you're dwelling on the negative, if you're following your heart's desire, and whether you need to find it elsewhere.
3. **Re-inspire your job.** Bring more positive energy to a difficult relationship. Express your needs to your boss. Notice aspects of your job that have spark, and spend more time in these areas. Gravitate toward coworkers who energize you. Make your work about service.
4. **Consider changing jobs.** It doesn't have to be an upward move. A lateral move can also re-inspire you.
5. **Savor the miracle of small moments.** Remind yourself daily to feel the life force in everything you do at work, from opening up your office each morning to taking in the happy chatter of a coworker.

### 4 Tools to Counteract Technology Overload on the Job

*Cell phones, internet, email, voice mail, news flashes, faxes—these are all environmental energy sappers at work that can deplete you. Here are tools that can help:*

1. **Avoid information overload.** Take mini technology fasts: no cell phone, TV, email, internet, faxing, radio news, voice mail, etc. for fifteen minutes or more when stressed.
2. **Don't catastrophize technology snafus.** If your computer crashes, don't succumb to negativity, such as impatience and frustration. Take a deep breath; practice self-compassion.
3. **Counteract the energy drain of machines.** Pay attention to your moods, alertness, and energy when you're exposed to computer screens, fluorescent lights, and the constant buzz of office machines. Drink lots of detoxifying water, take breaks, and buy equipment that minimizes glare, electromagnetic rays, and noise.
4. **Recognize the effect your emotions have on machines.** When you're angry and frustrated, your energy may disrupt the technology that serves you. Consciousness researchers call this psychokinetic energy. Get in your car and scream or do something else to release the negative energy so your equipment doesn't have to.

### 6 Signs You're in the Flow at Work

1. *You feel happy on the job, or at least able to accept it for what it is.*
2. *You go after what you want, but back off if you're pushing too hard or obsessing.*
3. *Your energy is high; you're at ease with coworkers.*
4. *Hours pass and you lose track of time.*
5. *You're skilled at gauging the right timing of projects or situations.*
6. *You trust in the present and the part you play in it.*

### 5 Signs You're Pushing against the Flow at Work

1. *Your energy is frazzled, and you're frequently impatient.*
2. *You get fixated on problems and they eat away at you until they've resolved.*
3. *Others are irritated by your pushing, and relationships with coworkers are strained.*
4. *You deal with conflict by fighting or clenching, and perceive unavoidable stressful situations as ordeals.*
5. *You cling to self-will, and feel an overall drain on your life force when you're at work.*