



THE LOVING CHOICE

ARCHDIOCESE OF DETROIT NATURAL FAMILY PLANNING NEWSLETTER

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Stress

Summer is upon us!
What does summer mean to you?

For some people summer is a relaxing time, a long awaited change of routine, seeing new things, doing exciting things.... For others, summer means additional chores with the lawn and garden, catching up on repairs, battling flies, mosquitoes and other insects, traveling long distances in cramped quarters, getting lost... Regardless of whether an experience is happy or sad, it still results in STRESS, and stress may affect a woman's cycle and the interpretation of her fertile time.

Thomas Daniels lists "36 Christian Ways to Reduce Stress". Some suggestions are obvious and expected: "pray, go to bed on time, say no, delegate, take one day at a time, pace yourself, get enough exercise, eat right, get organized, laugh, talk less, listen more, and slow down." Reminders of these are needed daily!

Other suggestions from Daniels include: "Every night before bed, think of one thing you're grateful for that you've never been grateful for before." That can be a challenge at times, but it can be a great stress reducer. A greater challenge for some may be to "K. M. S. (Keep Mouth Shut.)". This is the opposite of what most people do – open mouth and insert foot! And then stress follows. Another stress reducer from Daniels is to "separate worries from concerns. If a situation is a concern, find out what God would have you to do and let go of the anxiety. If you can't do anything about a situation, forget it." Remember that saying that was popular years ago, "Let go and let God!"

A stress reducer that some people may find rewarding is, "carry a Bible to read while waiting in line." It doesn't have to be that large heirloom Bible that weighs a ton. Small compact Bibles are available today that make this a real possibility. And, an often forgotten stress reducer is, "Remember that the shortest bridge between despair and hope is a good 'Thank you Jesus!'"

Diet and physical exercise can greatly reduce stress, but our soul and spirit also need nourishment and exercise. Let us treat our whole self in reducing stress. Consult with God who made us and who knows the best ways to relieve stress for our individual circumstances.



National Natural Family Planning Week July 23-29, 2006

For parish publicity, homily notes, posters, and more check the USCCB web page at

<http://www.usccb.org/prolife/issues/nfp/nfpweek/index.shtml>

TLC Mail

Dear TLC,
With summer and change in schedules what can I expect with my cycle?
D.M.S.

Many women will go through summer with no change in cycles. However, a woman who spends most of her time in the water (lake or tub) may find that she "feels" wet most of the time, but does not experience the cervical mucus at the outside genital area of her body in the usual way. Water may wash away the mucus.

In addition, if summer becomes a stressful experience, a woman may stop from ovulating. Stress may also cause a woman to experience several mucus patches before ovulation actually occurs.

Continue charting, and contact a certified teacher when charts don't follow a "normal" pattern. Also, talk with your spouse, and ask him if he notices any changes due to summer schedules. Vacation may not be as relaxing as each of you thought. That should signal the spouse to help with the new challenges a vacation can bring.

GROW CLOSER TO THE ONE YOU LOVE!

Attend a Worldwide Marriage Encounter weekend!

Marriage Encounter is a 44 hour weekend where married couples get away from jobs, kids, chores, and phones—to focus on each other and experience greater depth, growth, and enrichment in their relationship!

The upcoming Marriage Encounter weekends are September 8-10, October 6-8, and November 10-12 at St. John Center for Youth and Family in Plymouth, MI. Weekends fill up quickly.

For more information or to register, contact:

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