The Fight for SELF: Designing Your Passion to Practicing Safe Stress

A Stress Doc Quartet

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Fight when you can
Take flight when you must
Flow like a dream
In the Phoenix we trust!

Finding Your Self: The Art of Designing Disorder

You’ve been tossed aside
And question your berth
From reaping and sowing
Which way’s the wind blowing?
Will you choose to hide
In a mask of false pride?
Or still walk this earth
With the tide ebb and flowing?
All the time knowing
Not a clue where you’re going...
Sure, find a guide
But there’s still no free ride
For only you can decide
To fight for self-worth!

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Grief Ghosts: A Viral or Vital Metamorphosis

And the Grief Ghosts will rise from the ashes
When one tries to bury the pain.
Feeding a fire that chokes dreams and desire
Oh when will your tears fall like rain?

Too late...look, soul-sucking phantoms
Emerge from the pain larvae
Now spiral higher and higher, madly morph and conspire

As Trojan worms (you should start to squirm)
Begin covertly aerating, quietly abrading
And, finally, furiously degrading your brain.
Wait...Perhaps there is still time to reach for the sublime:
Grieve, let go...and grow with the flow!

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The Passion Sense

When it comes to passion, what's its sight?
Inner vision that turns darkness bright.
A person or project lights up your mind
All else in shadows or left behind.

*The passion sense is quite intense*
Sees past, present, and future tense.
*Often lacking common sense...still*
*Sight may make all the difference.*

When it comes to passion, what's its sound?
A beat, a rhythm, a soul heaven bound.
A heart will sing, a mind will dance
Sway to the rhythm of romance.

*The passion sense is quite intense*
Hears past, present, and future tense.
*Often lacking common sense...still*
*Sound may make all the difference.*

When it comes to passion, what's its taste?
Oh, please beware that chocolate waist.
Of course, the mouth is where you start
Then mind and mood yield food for thought.

*The passion sense is quite intense*
Savors past, present, and future tense.
*Often lacking common sense...still*
*Taste may make all the difference.*

When it comes to passion, what's its touch?
A gentle caress, an innocent blush
Now your heart longs for that brain fevered rush...
And you know you want “it”...oh, so very much.

*The passion sense is quite intense*
Embraces past, present, and future tense.
*Often lacking common sense...still*
*Touch may make all the difference.*

When it comes to passion, what's its smell?
Some exotic perfume casting a spell
Or crisp mountain air, a fragrant glen...
Time travel from now to way back when.

The passion sense is quite intense
Breathes in past, present, and future tense.
Often lacking common sense...still
Smell may make all the difference.

Coda
The "sixth sense" of passion – intuition
Mind-body-soul comes to fruition.
Embody the vices and voices within
And know every loss is a chance to begin.
The meaning of life: discover your essence
The purpose of life: bestow your true presence.

So, the passion challenge: be your fullest self
Without, of course, becoming full of yourself!
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The Stress Doc's Formula for Natural SPEED
Are you the "poster child" for stress and duress?
Should you try Prozac? Is it time to confess
To Ebay shopping – which may be a warning
When you're clicking madly at three in the morning?

But relax, have no fear...
The Stress Doc is here. So, lay worries to rest...
Now listen and learn to Practice Safe Stress™

As you sprint to the wire with blood pressure higher
Timeless mind-body tips to heed
For slowing down, getting feet on the ground
And building Natural SPEED – Sleep-Priority-Passion-Empathy-Exercise-Diet.

Sleep
Don’t be cheap with your need for sleep
Maximum learning must be REM deep.
To be a beauty with mental acuity
Not that snooze-button bashing BLEEP!

For when it comes to daily slumber
All night gaming is dumb and dumber.
You may call me a grouchy old toad:
"Pull the d_ _n plug on 'just one more' download."
Remember, it's nature's way to ebb and flow and help you grow!

Priorities
"P" stands for "Priority"
You can't do it all every day.
Urgent means now but important can wait.
Do you know how to "N & N"? –
Just say "No and Negotiate!"

Now I hope you’ll pardon my asking:  
“Must you always be multi-tasking?”

Oh, it’s just me, honey, your Energizer Bunny.  
Running from quiet, your life is a riot.  
Hmm...what is that “ADD” masking?

Passion

Another “P”-word is “Passion”  
And we’re not talking sex, shoes, or fashion.  
Don’t try to impress, better...  
Learn to play chess  
Or dig, dream, and dance in your garden.

The “s”-word for “passion” is suffering  
As in the iconic “Passion Play”

Sometimes we must do soulful grieving

Sometimes just say: Go ahead...Make My Day!

Empathy

“E” is for the “Empathy”  
Found in a caring shoulder.

But all give without take is a big mistake  
For now you shoulder a boulder.

Find a stress buddy who knows TLC  
Someone honest and self-aware –

One who gives “Tender Loving Criticism”

Yet also takes “Tough Loving Care!”

Exercise

The second “E” is for “Exercise”  
Start pumping iron or those thighs.

You may not need SSRIs.

Try thirty minutes of non-stop spin  
For your mood uplifting endorphin.

Diet

And, finally, “D” is for a healthy “Diet”

Alas, many would rather die than try it.

To manage foods so often craved

Grieve, “let go,” and then be brave

Sending diet fads to an early grave.

So eat those fruits and veggies  
Try omega fish and bean protein.

For too much fats and sugar

Excess alcohol and caffeine

Is a rollercoaster formula  
For a brain-fogged and artery-clogged machine.
When it comes to stress – you’re on the clock
Who you gonna get – the Stress Doc!

It’s time to end this Shrink Rap
With final tips for you –
“A firm ‘No’ a day keeps the ulcers away, and the hostilities too.”
So to lessen daily woes, “Do know your limits; don’t limit your ‘No’s!’

Ponder this Stress Doc wit and wisdom
Try to live it day after day:
Burnout is not a sign of failure
You simply gave yourself away.

Remember, sometimes less is more
And more is really less.
Balance work and play, faith and love
And, of course...Practice Safe Stress!

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