Coping Conundrums

Week of:
Jul 17, 2020

Struggling with stress and tools for managing it

Dear Alice,

I have this problem with my studies. I feel that I need to work 24 hours a day in order just to keep up. I have been getting panic attacks and outbreaks of eczema because I am so stressed out. Can you advise me of any relaxation techniques that will allow me to unwind after a hard day?

Yours,
A tightly wound spring

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Types of therapists

Dear Alice,

I'm thinking about seeking therapy for my anxiety and I was wondering if you could talk about the different types of therapists out there. I know the difference between psychologists and psychiatrists is a psychologist didn't go through med-school and so can't prescribe drugs, but what about cognitive-behavior therapists versus... well, whatever else is out there?

Thanks!
Thinkin' about Therapy

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Finding low-cost counseling
Alice,

For a long time, I have managed to persevere through some really messed up situations with family, friends, and life without seeing a counselor. It is not that I hold a negative opinion of counseling; it is that I can't afford it. I've hung tough; I'm a little proud of that. I've survived.

I am a recent college graduate relocating to a new city. I would like to seek counseling when there to work through a lot of these issues, but I frankly do not see how I would be able to afford it. Would you have any recommendation as to where I (or anyone in general who might have this problem) could locate free or low-cost counseling?

Also, while I understand many jobs include counseling as part of a health plan, this may or may not be an option for me (and others), so I would appreciate any alternatives to what you might suggest. Thank you for providing such a service to the Internet at large. You're really a godsend.

Signed,
A Bit Tired of Going It Alone

**Not ready to talk about loss**

Dear Alice,

My father just died. I'm really depressed. I'm not looking for sympathy, so I haven't told any of my friends. I'm not on good terms with my family and that has made the situation all the more difficult. I feel like I need somebody to talk to, but I'm afraid to approach my friends. I know in situations like this people over-compensate by smothering the person with sympathy and attention. What I need is the exact opposite. I need to work this out on my own. Maybe someone that will be there when I want them to be. I'm not looking for the number of a hotline where I will just end up talking to a stranger. Nor do I want to talk to the counselors or any other strangers. You're the first person that I've said anything to about this. Who can I talk to about this?

Signed,
No where to go

**How long does mourning last?**

Dear Alice,

I'm sorta new at this, but I'll give it a shot anyway. My dad died of a massive heart attack just over a year ago. I went through a pretty rough mourning period, but it didn't seem to last very long. My
mom is still very much in mourning to this day. I guess my question is: How can you tell if you've mourned enough? And how can you tell if you're avoiding it?

They say the worst is over when the pain stops and the good memories start. But how do I know I didn't just skip to the good memories?

— Distressed Lion

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