

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

A Stress Doc Quartet

Mark Gorkin*

"The Stress Doc", USA

***Corresponding Author:** Mark Gorkin, "The Stress Doc", USA.

Received: May 19, 2017; **Published:** June 27, 2017

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!

© **Mark Gorkin 2017**

Shrink Rap™ Productions

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!*

© Mark Gorkin 2012

Shrink Rap™ Productions

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!

© Mark Gorkin 2015

Shrink Rap™ Productions

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!*

Volume 4 Issue 1 June 2017

©All rights reserved by Mark Gorkin.