

# Stress in the City

## Negative Beliefs and Feelings

Anger – is it ruining your life and are your family, friends and colleagues turning away from you in fear? In our lives we experience emotional or behavioural problems and are unsure of how to move forward. Deborah, a cognitive-behavioural therapist, uses cognitive behavioural therapy techniques to explore a common issue and empowers her clients to take charge of their lives and achieve emotional well-being.

John Rage asked his counsellor Deborah: 'Why do I experience serious anger when the smallest incident happens so quickly, day or night and without warning. I just lose it with the kids, my wife and even last week I started screaming and yelling at a driver on the road. I have a wonderful family who all do the right things and our home is in a nice leafy suburb of Melbourne. My wife is the perfect organizer and even though she works, she has the house looking spick and span. I don't know why I yell at my family so much.'

Deborah explained to John Rage, an intelligent and confident individual, that anger is a behaviour that can be changed, but the client really needs to put in a lot of time. Our behaviour is influenced by many things including our core beliefs and negative thoughts. For instance, believing that you should do better than you have been doing or thinking that life is unfair can create frustration and anger. Similarly, the more we think we 'should', the greater the potential we are setting ourselves up to becoming angry. Loss of control is normally the result of a build up of small but annoying irritants. These are usually external factors such as, deadlines at work or not enough time to finish building the extension on the house. However, there are also internal factors to consider which can be relationship problems, financial issues or high expectations of one-self are just a few to mention.

Anger is mostly about living a stressful, unhealthy lifestyle that does not have enough of the good times including relaxation to create a balance.

When we get angry a few things happen both physically and emotionally so we can learn to understand and recognise these changes occurring. By recognising these changes, we will be less likely to become angry.

Deborah worked with John Rage by looking at:

- A An activating event occurs (an external trigger) when something happens we
- B Believe or interpret that event as something negative which creates
- C Consequence Behaviour/Feelings change in our behaviour and our physical arousal muscles tense, heartbeat increases, breathing becomes rapid and feelings of rage takes over.

These changes physically and emotionally can happen so quickly almost automatically and can be quite difficult to recognise. Anger management workshops are by far the best place to start to learn about these triggers that can cause a belief and as a consequence angry behaviour.

[www.pdcentre.com](http://www.pdcentre.com)

## Belly Art? Very SmART!

By Lisa Quittner- Binstock

In these fast paced, liberal days of self expression and discovery it is hard to believe that not so long ago women hid their pregnancies behind Demos Roussos style caftans in the hope that perhaps no one would notice, and then came Madonna!



Flicking through an American magazine a few years ago, former St Kilda Road IT administrator Nicole Shulman read about an up and coming trend among celebrities such as Madonna who were immortalising their pregnancies through belly casting, or in more explanatory terms, lasting plaster casts of their pregnant bellies.

Expecting Felix, her first child, Nicole was instantly excited about the idea of creating a lasting impression of her own pregnant belly to keep as a sentimental token of a wonderful and unique time in her life. Discussing the idea of developing a service for other pregnant women Nicole teamed up with friend, and now business partner Ilana Pincus and together they began Belly Art.

With a Bachelor of Business degree behind her and a lengthy career working within the St Kilda Road district, Nicole was ready for the commencement of her new duties as a stay at home Mum but she also wanted to be able to continue her financial independence and have a go at starting her own business.

For Ilana, a Visual Arts graduate it was much the same – the opportunity to use her artistic skills to create unique creative memento's for other families was ideal. As a former art teacher and freelance artist, the business allowed her enough flexibility to literally 'have it all' – family and a career.

The process of belly casting is basically applying strips of plaster across a woman's torso ideally during the third trimester of pregnancy for a more profound and defined shape. Once the cast is removed it is left to dry for a few days before hanging wire is attached and the piece is primed to allow for your own design otherwise Ilana can personalise the artwork for you. Despite these stages the actual casting process only takes 20 minutes, but the end result is really quite astounding.

While many women are quite body conscious especially when their shape has transformed so dramatically through pregnancy, I asked the girls what attracted most of their clients to preserve their temporary body indefinitely. For some it was a way of freezing time and being able to tangibly recollect a very special time in their lives, for others it was about creating personalised artwork for the baby nursery or a conversation piece in the lounge room. Or, as a prologue, if you like, to the "baby book", where in the future their children would be able to have something of their entry into this world that most of us might only hear stories about.

Three years on and the business has grown in all directions as have their families, Nicole is now a proud mother of three children, Felix, Harry and Lily while Ilana, who is mum to Joshua and Rani, is expecting another bundle of joy later in the year. Belly Art has also expanded into 'do it yourself' belly casting kits, framed plaster impressions of hands and feet, three dimensional hand and feet sculptures, keepsake boxes, and gift vouchers which make excellent maternity leave gifts from colleagues, friends or family members prior to the birth.

I was quite taken aback by the idea initially, but after speaking with Ilana and Nicole I am very impressed by the results and services on offer. Their studio is situated in Brighton but Belly Art is happy to do "house calls" for 3004 readers in the St Kilda Road vicinity. For further information check out their website, the Gallery is really worth a look to gain an insight into the finished products.

For further info: [www.bellyart.com.au](http://www.bellyart.com.au)  
Email: [info@bellyart.com.au](mailto:info@bellyart.com.au)  
Or call Nicole: 0411 405 834

## EXCLUSIVE OFFER

As a special offer exclusively for 3004 Magazine readers, all belly casting bookings made before June 30th, 2006 will receive 10% off the total price.

In addition, the Belly Art Team invite 3004 readers to enter their competition to win a free Belly Casting Kit valued at \$80 simply by emailing your name and answering the following question; "What do Belly Art specialise in doing?"

Prize to be drawn on April 7th, 2005, winner notified by return email.