

IMPACT Safety Mission: IMPACT builds safety from the inside out. We teach people of all ages and abilities the critical emotional and physical skills necessary to prevent violence, make safe choices, and live with greater confidence.

IMPACTSAFETY.ORG

Fear: As Much an Opportunity as a Challenge

Life presents us with all kinds of challenges. Some we refuse to accept and will work hard to overcome; others make us anxious and we will go to great lengths to avoid. But perhaps the hardest challenges are the ones we just can't resolve. In the face of these kinds of challenges, we may choose to find a way to live with them or pretend they don't even exist.

One challenge we face throughout our lives is fear. Fear clearly shows itself when, for instance, an extreme alarm causes our heart to start pounding. But fear is not always caused by a sudden or unexpected event; sometimes it is more like a generalized feeling of uneasiness. We may not be able to pinpoint its cause, and if it persists long enough, we may not always be aware of it. Internalize this wide-ranging kind of anxiety long enough, and it can become as much a part of us as anything else that makes us who we are. Yet it will compromise and lessen the quality of our life.

In this way, low-level fear is much like chronic pain. Like fear, pain can sneak up on us. There may not have been a specific trigger or cause, and we may just assume it will go away in a day or two. When it doesn't, we seek answers to why we're hurting. Casting about for a cause—running from doctor to doctor and from test to test—can be just as distressing as the pain itself. If the cause of the pain remains unknown and a sense of "feeling lousy" continues, depression can set in. It is this depression combined with a sense of extended unwellness that can become our new "normal." With unresolved chronic pain, our thoughts will often turn inward, and we can become distracted by



IMPACT teaches much more than self-defense. Through a number of confidence-building activities, students learn to better deal with their world. Here in a class for teens with Downs Syndrome, an exercise known as "The Confidence Walk" gets participants to acknowledge and pay attention to what is around them. Each student practices walking with confidence and making eye contact with others. The student actively observes surroundings and is later prompted to recall what he or she saw. At the same time, other students can see what confidence looks like and can provide feedback to each other.

our own personal misery, wondering why this has happened to us when we really should be figuring out how to alleviate the pain. This inward focus in fact becomes our biggest impediment to recovery. We become passive prisoners of our pain, and it is not until we turn outwards and take an active role in our recovery that our healing can really begin.

Similarly, a sense of uneasiness in the world can fester and grow, coloring our relationships and our perceptions of our world. Friends, trying to be helpful, attempt to diminish our fear and tell us, in effect, to get used to it: that's just the way

the world is these days. And while we may not like feeling this way, we may come to accept it as part of our everyday existence. If the fear of living in a dangerous world can lead to a fear of walking alone on the street, and resolving the cause of our uneasiness seems beyond our ability, how will we ever stop feeling like this? And if walking down a street can cause anxiety, what is to stop that anxiety from spreading to other formerly benign activities or coloring our overall perceptions of the world?

It is not likely that fear or anxiety will disappear on its own unless

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**IMPACT can
create a program
for your group.
Call the office at
614-221-2811 for
information.**

IMPACT Safety has been serving the Columbus community for 17 years. Our efforts have reached thousands of people, helping them learn important life skills. As IMPACT is a community-based nonprofit, all contributions are tax deductible and are used to support and expand our efforts.

Newsletter ideas should be directed to Julie Harmon, President of IMPACT Safety at 35 East Gay Street, Suite 512, Columbus, Ohio 43215.

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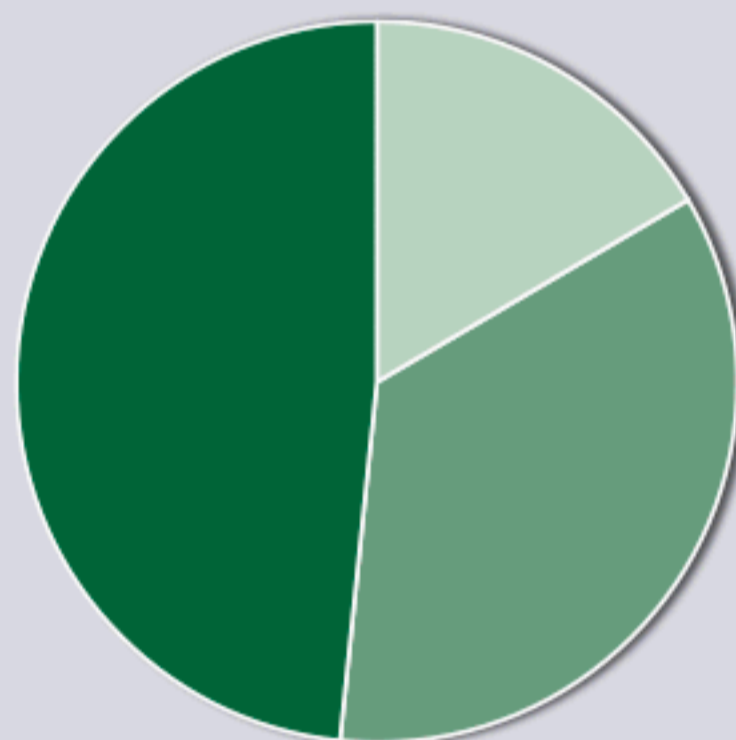
there is a conscious and deliberate decision to face it down. Our resolve can be strengthened with the realization that we may not be able to change our environment, but we can change our position within that environment. This may seem like a small point, but it is a powerful first step toward a feeling of empowerment, and from there, it can become much more manageable to achieve our sense of well-being.

What this perceptual pivot really does is change our focus from a position of helplessness to a place of strength where we take an active and positive role in improving our situation. If we can face and overcome our fears, we can conquer anything else that may block our path throughout our lives. Gaining the skills to overcome adversity gives us the ability to become our own strongest advocates in whatever circumstance we may face.

Gavin de Becker, author of the bestselling *The Gift of Fear*, emphasizes that our intuition is our strongest ally, and often we ignore our inner voice at our own peril. He points out that "when we get a fear signal, our intuition has already made many connections. To best respond, bring the links into consciousness" (p. 342).

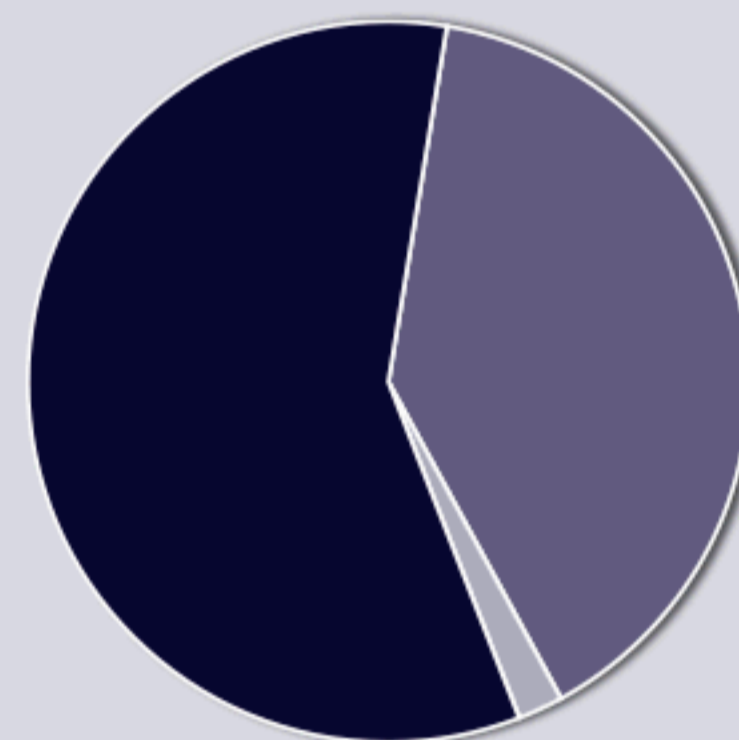
It is up to us to follow through and make the next connection to programs like IMPACT which teach us to transform worry, fear, and anxiety into constructive strategies. Every IMPACT class, workshop, and presentation gives its participants the expertise they need to take control of their world—and not just in terms of personal safety. But it is the participant who must make the first, small decision to create that change by becoming an active, rather than a passive, participant in the world. ☺

2009 INCOME



■ (48%) Program Revenue	\$44,994
■ (35%) Grant	\$15,432
■ (17%) Unrestricted	\$32,585
	\$93,011

2009 EXPENSES



■ (59%) Program Services	\$53,005
■ (39%) General and Administrative	\$35,591
■ (2%) Fundraising	\$2,057
	\$90,653

Programming Totals & Hours (January 1, 2009 – December 31, 2009)

Program Category/Type	# of Programs	# of Participants	Contact Hours*
Womens/Mens Basics Course	2	31	969
Youth Programs	16	259	3,423
Adult Programs	12	336	656
Safety Training Programs	14	209	1,637
Community Events**	8	335	n/a
Totals	52	1,170	6,685

*Contact Hours = (# Participants) x (# Sessions) x (Hrs/Session) x (# Instructors)
**Contact Hours Cannot Accurately Be Accounted for at Community-Based Events

IMPACT Safety

FROM THE INSIDE OUT

35 East Gay Street
Suite 512
Columbus, Ohio 43215
(614) 221-2811

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