

# 30 Ways to Start Dealing With Stress

BY JOHN HOWARD

From the "Trader", Newmarket Chamber of Commerce.

**B**ELOW ARE 30 suggestions for dealing with the stresses of 1986. Some may be more appropriate for you than others. Try them all, or simply choose a few you think might be helpful.

## HEALTH

1. Take action on nagging problems. If, for example, you are worried about lung cancer, stop smoking - one day at a time.

2. Realistically appraise your abilities. People often overestimate their abilities and expect too much of themselves. "Strive for your highest attainable aim, but don't put up resistance in vain."

3. Laugh a lot. Research shows that when people laugh, it's often therapeutic. Work on developing your sense of humour.

4. Learn to feel comfortable talking about your problems. A close confidant is a valuable resource, but avoid dumping on the same person all the time. A ground rule is you have to be there when another needs help and support.

5. When stuck in traffic or waiting in line use the time to be by yourself rather than fuming over the frustration. Visualize a more peaceful, tranquil situation or process some ideas for dealing with a problem.

6. Try noncompetitive play. Visit a museum or read a novel.

7. When feeling stressed, inhale deeply through your nose, hold, slowly exhale through your mouth. Repeat 5 to 10 times. Oxygen relaxes your body.

8. Accept the things out of your control - an overbearing boss or subordinate is unlikely to change, no matter what you do.

9. Get physical. Gardening can be as therapeutic as vigorous exercise.

10. Take a daily music break - with eyes closed sit back and listen to 10 minutes of soothing sound.

11. Stressful events are in the eyes of the beholder and subject to the possibility of misperception. Check your perceptions and assumptions to insure they're correct.

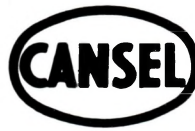
12. Don't procrastinate by doing low-priority tasks because they're easy and fun - thereby neglecting high priorities until there is a crisis.

13. Deal with negative thoughts by strength. Positive thinking helps. Be an optimist.

14. Avoid business lunches. Lunch time should be a psychological break, a time to balance out the morning and afternoon.

15. Avoid chronic hurriedness. High stress personalities try to do too many things, too fast. Tell yourself no enterprise ever failed because it was executed too slowly, too well. Cultivate good judgement and decision, not speed.

*Continued on page 17*



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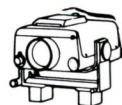
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*disciplinary law. One cannot claim in the same breath the so-called right to silence and the privileged status as a professional."*

In conclusion, he held that professionals were not shielded by the provisions of the Charter and could be held to testify against themselves.

#### **A Quote to be Used**

In reviewing different court cases one looks at quotes that can be used when trying to emphasize a point. Quite often we are engaged in discussions with the legal profession or the real estate profession regarding the value of the survey. In the recent case of *LeBlanc v. Dewitt* (1985), 34 R.P.R. 196 (NBQB) the judge made the following statement, which is so applicable in such arguments.

*"The client does not ask, 'Do I have paper title to the land?' He asks 'Do I have good title to the land?' The statement that someone has 'good paper title to the land' is meaningless."*

This above statement in a recent court case is so useful in demonstrating to either the legal or real estate profes-

sion the present feelings of the court regarding clients only finding out about half of the title, i.e. the paper title. This quote can be used to show that a survey is part of the necessary documentaion for every transaction as well as being used for showing that old surveys i.e. paper documents which do not reflect the current situation should not be used in a transaction. ●

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*Continued from page 15*

16. Instead of an after-work cocktail, try ice water followed by a 10-minute quiet time, relaxing with eyes closed. Remember the peace there is in silence.

17. Note things that chronically bother you and avoid them. Work on developing an awareness to the stressors in your life.

18. If you've been working 60-hour weeks, cut back. Research shows that productivity drops among people under high stress, but peaks under moderate stress.

19. Work at building a few supportive relationships. Remember friendship takes time. Those with supportive relationships suffer less consequences under stress than the socially isolated.

20. Give in when you have little to gain. Save your energy for what's important.

21. Cut back on caffeine, it's a stimulant.

22. If little things bother you a lot, dig deep for the reasons. Molehills often mask mountainous problems. If something major is causing stress, seek counselling.

23. When you're uptight, tense and untense muscle groups. Start with arms, then face and neck, then shoulders and abdomen, finally legs.

24. Work on developing the capacity to recognize when you are under stress. If you don't recognize the stress you are under, you'll never deal with it well.

25. If a stressful event is approaching, visualize yourself doing it well and in a relaxed manner. Visualization works.

26. When you arrive home from work and need to unwind, explain to

your spouse and children that you need one half hour to yourself before grappling with family problems. If explained, family resentment will disappear.

27. Studies show that vigorous exercise, even brisk walking, about two miles in half an hour, is as good as a chemical tranquilizer.

28. Try to make work and living areas as pleasant and comfortable as possible with pictures, plants and ornaments.

29. Don't try to control family members. Be supportive instead of nagging.

30. Take a warm shower or bath to soothe tense muscles and provide a few moments of "sensory deprivation" - also known as privacy.

Finally, don't use any of these techniques as a panacea. Develop and use a repertoire of techniques for dealing with the stresses in life.