

Three for 2003: Reducing the burden of stress

The uncertainty of the world events and fears of terrorism have added new stresses to our daily load. The three strategies below won't solve all our problems, nor are they the only ways to ease stress. They may, however, reduce the damage stress can cause.

1. Eat a healthy diet and take a daily multivitamin.

In stressful situations, hormones can help the body stock up on energy by increasing hunger. Over time, this can result in unhealthy weight gain.

What to do: Eat a balanced diet with plenty of fruits and vegetables; choose whole grains more often than refined grains like white rice and white flour. Make sure the fats you eat include healthy ones, such as those found in cold-water fish, canola and olive oils. Taking a daily multivitamin is insurance that you'll get the basic vitamins and minerals you need.

2. Exercise.

The body's hormonal response to stress prepares it for "fight or flight", which are both physical responses. So physical activity, in the form of exercise, is an excellent way to release some of your stress.

What to do: Start with a walk. If you're already getting 30 minutes of walking per day, try adding yoga, tai chi, or another form of relaxing physical activity to your weekly schedule.

3. Make time for yourself.

Life will always have its stressful times when crises demand your attention. Look for non-essential obligations that you can opt out of.

What to do: Find a few extra minutes for yourself to listen to music, call a friend, read a book, or practice relaxation. If your time is short, try a "mini-relaxation," one of several; quick deep-breathing exercises.

Excerpted from: Harvard Women's Health Watch, January 2003, p.1-2.

Coming this Fall.....



Starting this September, Holy Name Hospital in Teaneck, NJ will be hosting a six-part stress management series in conjunction with the Managing Unhealthy Stress Goal Team.

Each of these six sessions, led by professionals, will focus on a different technique for stress management. Participants will gain knowledge that will help them turn stress from an unhealthy influence to a positive energizer. Sessions will be held at Holy Name Hospital on Wednesday evenings from 7:00 to 8:30 p.m.

For more information, fees and registration, please call the hospital's Community Health Services Department at 201-227-6250.

See Your Way Clear to Less Stress with Feng Shui by Teresa Polanco

Feng Shui (fung shway) looks at ways people are influenced by their environment and creates a stress-less space through the integration of nature. A major cause of stress in many environments these days is CLUTTER. The sight of clutter immediately sends most people into some state of stress.

To begin reducing this feeling of stress, purge clutter slowly. Take baby steps and be realistic with the time you devote to clearing clutter. Make the process less stressful by placing realistic time limits. You will be amazed at how much you can accomplish in just 15 minutes.

One feng shui technique often recommended is to get rid of three things a day for the next nine days. Additionally, for every ONE new item you bring into your space, get rid of three old or unused ones. These techniques start the process gently and you see immediate results especially when focusing on a specific area. Replace the now cleared area with a beautiful live plant, a peaceful sounding water feature or any other object that you truly love. You will be rewarded with less stress and the inspiration to do more!

Teresa Polanco, a Goal Team member, is author of The Feng Shui Journal and founder of the Feng Shui Alliance. She consults nationally as well as running educational workshops on Feng Shui. She is also Director of the NJ Chapter of the International Feng Shui Guild.

For more information, visit www.fengshuialliance.com or call 201.941.0259

Stress Related Quotes

When written in Chinese, the word "crisis" is composed of two characters. One represents danger, and the other represents opportunity. — John F. Kennedy

Its not stress that kills us, it is our reaction to it. — Hans Selye

You can't have a better tomorrow if you are thinking about yesterday all the time. — Charles F. Kettering

Reference:<http://imt.net/~randolfi/Stressquotes.html>

PLEASE CONTACT US.....If you would like to attend the monthly Managing Unhealthy Stress Team meetings or would like additional information, please contact Marge Doremus at 201-634-2703.



Bergen County Partnership for Community Health, Inc.
Community coalition to protect and improve the health of Bergen County residents
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