

## What is the Managing Unhealthy Stress Goal Team?

The Managing Unhealthy Stress Goal Team (MUST) is one of the action groups that comprise the Partnership for Community Health, Inc. (PCH). MUST works to increase the ability of those who live and/or work in Bergen County to cope with and manage unhealthy stress in their daily lives. The goal team meets on the second Tuesday of the month from 12:00 noon to 1:30 p.m. in room 202 of the Community Services Building, Paramus and welcomes new participants. For more information, please contact Al Ferrara at (201) 634-2744.

PCH is a county-wide collaboration including the six hospitals in Bergen County, health and social services agencies, schools, businesses and the Bergen County Department of Health Services. PCH works towards improving the health and quality of life for those who live and/or work in Bergen County through action groups focused on community identified priorities.

## Training for Courts

John Giamio and Sharon Campbell, members of the Managing Unhealthy Stress Team, presented the topic of managing stress to employees of the Bergen County Courts on March 26th. Nola Steel, training coordinator, scheduled the session. The presentation, which lasted approximately 90 minutes, included basic information on stressors and coping techniques. Activities allowed participants the opportunity to apply skills and techniques. The training reflects the variety of professionals involved in promoting the health of Bergen County through the Partnership for Community Health. John Giamio, a personal Counselor at Bergen Community College, and Sharon Campbell, Director of Marketing, at Bergen Regional Medical Center, have volunteered their time and expertise. Although this program is still being refined, evaluations from previous presentations have been outstanding. If you know of a business or organization that would like to schedule a presentation please contact Marge Doremus at 201-634-2703 or [mdoremus@co.bergen.nj.us](mailto:mdoremus@co.bergen.nj.us)



### STRESS REDUCTION TIPS

- *Become aware of your personal stressors.*
- *Recognize what you can and cannot change about these stressors.*
- *Learn to moderate your physical response to stress through deep breathing and meditation techniques.*
- *Get regular exercise three to four times a week, which can help in overall fitness as well as response to every day stressors.*

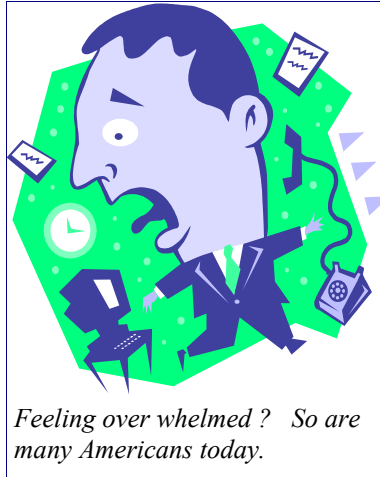
### Community Resources for Managing Unhealthy Stress

The Bergen County directory for Managing Unhealthy Stress is a publication that provides the names of agencies, programs and facilities that provide stress management related services. The directory has been recently undated and is available now. For a copy, contact the Bergen County Department of Health Services Health Information Request Line at 201-634-2704.

## What is Stress ?

Stress is defined as a physical response that effects all dimensions of our being: physical, emotional, social mental, physical and occupational. A stressor is anything that causes you stress. The following are a few examples of common stressors compiled by the National Safety Council:

- Too much responsibility with little or no authority
- Unrealistic expectations and deadlines
- Corporate downsizing/reorganization
- Financial difficulties/debt
- Lack of appreciation at home and/or on the job
- Traffic, commuting difficulties
- Illness
- Inadequate time to complete job responsibilities
- Violence in the home or work place



Brian Luke Seaward , Inspiration Unlimited & Paramount Wellness Institute

Next Issue.....

*The latest trainings*

*Stress Buster Tips*

*Available resources*



Too much work, too little time ?

## Worksite Stress Management Programs

Stress is a part of everyday living. If you are breathing you probably feel some form of stress each day, it may take the form of an upset stomach, feeling anxious, to feeling unhappy or even angry. There are numerous other ways in which stress can effect an individual on a physical, emotional and mental basis. One way in which employers are working to combat stress is by implementing worksite stress management programs. Paul Rosch, M.D., director of the American Institute of Stress notes that in American society today job stress is at an all-time high. He defines job stress as “occupational duties in which the individual perceives having a great deal of responsibility, yet little or no authority or decision making latitude.” Brian Luke Seaward, a leading authority in the stress management field asks what strategies can an employer and employees use to prevent the physical, emotional and

financial high cost of stress. Unfortunately Rosch, who survey several hundreds existing stress management programs came to the conclusion that few programs currently taught in the corporate setting offer enough substance to make a positive influential change in lifestyle behaviors because they are too narrow in focus or brief in duration. The programs he did find effective showed reduced illness and absenteeism, higher morale and increase in work productivity.

The Institute for Stress Management www.hypwestress.com

**PLEASE CONTACT.....**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*  
 Community Coalition to Protect and Improve the Health of Bergen County Residents.  
 For more information call the Partnership Coordinator Elizabeth Rubock, at 201-634-2687 or e-mail to [partnership@healthybergencounty.org](mailto:partnership@healthybergencounty.org)