

• • **BREAKOUT SESSION**

The ABC's of Stress Reduction to Improve Production

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So what if I learn to manage stress? What's it gonna get me? Dr. Ron Rubenzer, Licensed Psychological Associate and Certified Health Services Provider explained how managing stress could benefit us in three major areas of our lives - Health, Fiscal and Human Relations.

By learning to manage stress, you will live a longer, more successful, healthier, and enjoyable life. "If you can't fight or flee, just flow," suggests Rubenzer.

The audience was asked to participate in an interesting exercise. After writing down what made their blood boil, how they react when "it hits the fan", and what they do to relax, they formed small groups to review the responses. The groups named themselves according to their responses - The Chocoholics, 50/50's and the Pet Pals were a few of the names.

Whiners and people who don't do what they promise were some Boilermakers. Eating chocolate was one reaction to it "hitting the fan, and playing with pets was a method of relaxation. Speaking of pets, Dr. Rubenzer explained that he believes if you're treated like a dog, you'll age like a dog - aging 7 years for each 1 actual year of life.

Relief can be found in the simple ABC's - Attitude, Breathing and Choices. (This is assuming you are well rested and have had a good breakfast, which you should do on a daily basis). Adjust your attitude and believe in yourself, breathe from your diaphragm, give yourself time to "unwhine" and choose to control your work schedule

Finally Dr. Rubenzer encouraged us to follow a simple FDR or Fun Deficit Reduction plan which consists of anything we find joy in doing, be it listening to music, playing with our children, or even simply enjoying a cup of coffee. It might just be the thing to keep us healthy and happy! ■



Reprinted from page 8, 11
Convention Daily
Tuesday, August 10, 2003

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Published by the
american healthcare radiology administrators
490-B Boston Post Road, Suite 101
Sudbury, MA 01776