

STRESS BAZETTE

"News to use for life satisfaction and success in a stressful world"

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"Stress more common than the common cold."

NEW YORK - According to a major scientific survey of over 1,700 people . . . 4 out of every 10 people are under great stress and almost one in five has great anxiety. Almost every other employed individual felt great stress which was double the percentage of retired people reporting stress. Most people said stress tires them out more than physical activity did. Financial concerns topped the list of reported causes of stress. Family was next on the list. Most people talked to relieve stress. Younger respondents (under 35) listened to music to relax. In addition to talking to relieve stress, men were more likely to watch T.V. to relax. The fact is that what can cause stress for some (being talked to while trying to watch TV) may relieve stress for others. Separate time for talk and TV may have to be negotiated to reduce family stress.

Harvard-trained physician states that much illness is caused by stress unless proven otherwise

Dr. Weil, author of the *New York Times* best seller, "Spontaneous Healing", suggested that most illnesses are caused by stress unless proven otherwise. It should be noted that many medical conditions look like stress and even conditions like ADHD can mimic stress symptoms. Dr. Paul Rosch, MD., President of the American Institute of Stress in New York, supported the notion of a link between stress and health. Always see your doctor about stress symptoms. Over half the visits to doctors are stress-related, but still need attention.

Dr. Herbert Benson, of Harvard Medical School, emphasized in his book, "Timeless Healing", that visits to the doctor can be reduced by up to 60% for people who use relaxation, nutrition, exercise and belief. This is money in the bank for prepaid health care.

Corporate preventing/treating job stress could save \$50,000!

In a May, 2002 W.C. case, clinically diagnosed [job] stress was ruled by a state commissioner as "an occupational disease" and "ongoing total disability compensation" was awarded. (Paragraph 3, Page 12, I.C.018642, Filed May 20, 2002.)

World leader in stress management reveals 12 causes and cures

MONTREUX, SWITZERLAND - Dr. Richard Rahe, MD., who developed the "Richter Scale" of stress, provides a list of 12 causes and cures of stress based on 30 years of research. He is also co-developer of the Social Adjustment Scale which was used to prove that major life changes are linked to physical illness. In his landmark study, he listed the following causes of stress:

1. Genetics
2. Life development
3. Demographics
4. Recent life changes - positive and negative
5. Life changes within last six months
6. Life changes within last two years
7. Physical health
8. Psychological health
9. Health within last two years
10. Involvement with technology
11. Lack of emotional control
12. Overdoing - Martyrdom

The 12 most effective cures to counter balance and even "cancel out" stress are:

1. No substance abuse (too much caffeine;nicotine)
2. Diet and exercise
3. Pace and control
4. Problem solving
5. Silver lining philosophy
6. Facing facts, not blaming
7. Work and family - social support
8. Buddies, society
9. Nature
10. Satisfaction with work and family
11. Optimism
12. Inspiration/humor

Dr. Rahe stated that the majority of people can bounce back from stress through self-help.

STRESSED reversed is DESSERTS

The ABC's of Job Stress Reduction That Improve Production - A 7-Step Program

From Bulletin: Health and Stress
New York, April, 1997

Based on 15 years of research begun at Columbia University (NYC), a proven 7-step model for reducing stress while improving performance was presented at the World Congress on Stress at Montreux, Switzerland. The ABC's of job stress management, refined through years of practice in the corporate world include: paying attention to one's **A**ttitude (of optimism), **B**reathing (slowly - deeply) and **C**hoices (control, accept, rest enjoy).

**PROVEN ONE-MINUTE STRESS REDUCER
FEATURED ON NBC NEWS "TODAY
SHOW"**

NEW YORK - The FREEZE-FRAME technique, recently featured on NBC News "Today Show" is a scientifically validated fast-action stress relief method, developed by Dr. Lew Childre. The five steps of this technique are:

1. Recognize the stressful feeling, and FREEZE-FRAME it. Take a *time out*.
2. Make a sincere effort to shift your focus away from the racing mind or disturbed emotions to the area around your heart. Pretend you're breathing through your heart to help focus your energy in this area. Keep your focus there for ten seconds or more.
3. Recall a positive fun feeling or time you've had in life and attempt to re-experience it.
4. Now, using your intuition, common sense and sincerity, ask your heart, what would be a more efficient response to the situation, one that will minimize future stress?
5. Listen to what your heart says in answer to your questions. (It's an effective way to put your reactive mind and emotions in check and an "in house" source of common sense solutions!)

(Used by permission "The Freeze-Frame® steps listed here are a condensed version of the complete Freeze-Frame technique and instructions found in the book FREEZE-FRAME® - Fast Action Stress Relief, by Doc Lew Childre (Planetary c 1994). FREEZE-FRAME® is a registered trademark of the Institute of Heartmath, Boulder Creek, California.")

**WHEN STUCK BETWEEN A ROCK AND A
HARD PLACE, BECOME A DIAMOND**

A new "RQ" (Relaxation Quotient) Test is a quick barometer for daily coping

A 12-item "RQ Test" can quickly assess "How Cool Are You". The RQ Test is featured below. High "RQ" people perform better under stress and are healthier

YOU HAVE A HIGH RQ (RELAX-A-BILITY QUOTIENT): (Answer Yes or No)

- 1) if you maintain a positive, can-do attitude, even on Mondays, and you usually do not complain much. YES NO
- 2) if you look forward to enjoying healthy pleasures daily. YES NO
- 3) if you generally feel in control of your life and trust that the future will turn out positively. YES NO
- 4) if you worry little, but work a lot, to patiently solve problems without feeling overwhelmed or impatient, YES NO
- 5) if you can relax enough under pressure to fully concentrate on what you are doing (phone calls, public speaking, taking tests, conflict, deadlines, evaluations). YES NO
- 6) if you can accept, act and adjust appropriately to rudeness, mistakes, conflict, criticism and major changes. YES NO
- 7) if you know how and when to vent pent up stress, resentment and anger (not ranting/raving at bad drivers, not unleashing fury at innocent loved ones, pets etc.) YES NO
- 8) if you sleep with ease and generally feel energetic. YES NO
- 9) if you are generally headache/stomach-ache free. YES NO
- 10) if you can "self-calm" when faced with frustration, frenzy, or fear, using humor to keep your cool when you can. YES NO
- 11) if you can fully live separate personal/professional lives, (not dragging shop talk home). YES NO
- 12) if you can "get-ready, get-set and flow", "powering-up" your "second wind" to flexibly meet surprises and challenges. YES NO

What Your RQ Score Means

The closer you get to having 12 "yesses" on the above RQ test, the better. An RQ score of 10 is excellent. Your "No's" on your RQ test are your stress "weak points" that can be strengthened merely by your conscious effort to relax during those events. Having a high RQ is simply the ability to enjoy complete "head rest" momentarily so you feel rested and recharged at will. Relax-ability is a hallmark of the happy, healthy and successful.

3 Keys to Happiness at Work

Dr. Denis Waitley, in his book, "Joy of Working", suggests that you can be happier at work if you have a *positive attitude, expect the best from others and yourself and practice flexibility in terms of accepting change.*

Emmy award winning Hugh Downs reveals proven attitudes for success

NEW YORK - Emmy award winning Hugh Downs, co-host of acclaimed TV program "20-20", points to three key positive attitudes for success and satisfaction in life: A positive attitude toward productive activity; a fearless attitude about survivable failures, and an attitude of being totally in the "here and now". (This last attitude is the most important and will develop the other two attitudes).

A positive attitude toward activity involves enjoying all phases of setting, working toward and achieving goals. You can actually develop a hunger for a certain amount of stress if you tell yourself you can handle it.

A fearless attitude about failures that are not fatal, involves focusing on doing your best or correcting a situation rather than defending your "ego" or position. Hugh Downs, asserts that these two preceding attitudes automatically result from a complete attitude of concentrating on the "here and now".

Humor works at the workplace

IBM Executive, Karen Donnalley, obtained a 30% increase in sales by injecting fun and humor into a very competitive, intense office. She is considered one of the top motivators for IBM.

Hal Lancaster, of the "Wall Street Journal" emphasizes three important benefits to humor at work. Humor can: motivate; strengthen bonds between workers; and reduce stress. Humor should be used like a spice, to enhance your career. Overusing humor is like ruining a dish with too much flavoring. You should use the right amount of humor at the right time. Lancaster offers four tips for workplace humor: 1) Start with a little humor. For example, put up jokes on a bulletin board to see reactions. Don't jeopardize your career in a totally humorless office by irritating humorless executives; 2) Meaningfully Connect. Squirt gun fights are probably pushing humor too far. (See Page 4)



Stop stress by "nipping it in the bud". Post a small "stop sign" to remind yourself to stop and think. Take a few deep breaths, relax and just ride it out. "Stress pockets" last less than minute. Reassure yourself by saying "Just for this moment I can calm myself down". Every problem has a solution.

Improving your fun-deficit reduces stress

UNIVERSITY OF READING, ENGLAND - 50 researchers in 14 European countries concluded in a study that moderate pleasure is healthy and lowers stress hormones in your blood. A list of the 13 most commonly enjoyed European pleasures included: music; eating out; drinking tea and coffee; eating chocolate; and shopping for pleasure. Other indulgences included watching TV, videos and sports, according to Professor David Warburton, founder of ARISE, (Associates for Research into the Science of Enjoyment). If you are suffering from a "fun-deficit", put a couple of these items on your "fun-to-do-list".

MONDAY - AS A "FUN DAY"? Hardly, but it is manageable

Sunday may be a good time to start shifting gears rather than putting all the "shift stress" on Monday morning. Make Sunday a special day. Some tips to help you enjoy Sunday more, think about Monday less and even sleep better follow: take a walk or exercise; no caffeine after lunch; eat a light Sunday evening meal; take a warm bath before bed; set out your keys, clothes, etc. the night before.

Try these "foods that soothe" on Monday to counteract "weekend treat withdrawal": a banana with Monday morning breakfast (it lowers blood pressure); carbohydrate protein rich cereal (commercially available cereals) with milk; fruit juice or vegetable drink mixture; and extra fluids while at work.

Monday as a fun day? Hardly, but you can make it easier by: writing your Monday To-Do list on Friday so you can forget about work and you don't fumble around confused on Monday; taking a shower before you leave for work; leaving home five minutes earlier; break your day into manageable chunks and take your breaks; and plan and enjoy some type of "Monday-night delight", a ball game, etc. for holding it together

(From Page 3)

To mix playfulness with productivity, try role reversal - have an executive do your job for a day with you supervising. (Use caution with this approach.); 3) Renew the humor. To keep the humor from getting old, bring in new approaches; and 4) Don't offend. One approach that does not work is to have comedy skits about other departments that attack personally. Be certain not to step on anyone's value or harm anyone with attempts at humor.

RELAXED READINESS IS OIL IN THE MACHINERY OF YOUR SUCCESS

A - T - T - I - T - U - D - E

Attitude Determines Destiny

Watch your Attitudes, they become Words
Watch your Words, they become Actions
Watch your Actions, they become Habits
Watch your Habits, they become Character
Watch your Character, it determines your Destiny

Try the W.A.L.K.E.R. Program to reduce student stress

Students can exit the "stress express" through following this 6-step WALKER program. Encourage:

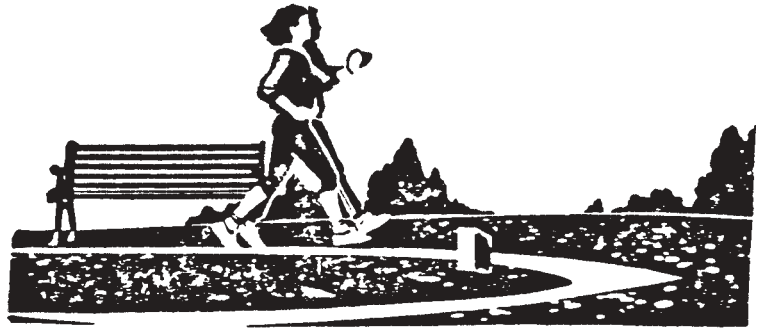
Walking (briskly 20 minutes 3 times weekly to burn off stress)

Attitude (of Positive Organized Persistence - POP)
Laughter (use a humor board for students' cartoons)

Keeping up (with homework, studying, test preparation)

Expressing stress (through writing, art, music, sports, counseling)

Rewarding (teach students to keep their "eyes on the prize" - e.g., earn praise, privileges, pride, support cards along with report cards)



THE BEST IS YET TO COME!

Best Bets on "Relaxing Books"

- (1) Quotations to Cheer You Up When the World is Getting You Down by Alan Klein
193 Pages. 1994. Wings Books - Division of Randan House Value Publishing Inc. Contains more than 750 quotations reflecting ageless humor, wit and wisdom.
- (2) Don't Sweat the Small Stuff . . . and it's all small stuff by Dr. Richard Carlson
248 pages. 1997. Hyperion, New York. Short, insightful readings to bring about more calm, reasonable thinking.
- (3) Don't Just Do Something Sit There by Richard Eyre
175 Pages. 1995. Fireside Book - Published by Simon & Schuster, New York. Focuses on quality of life, not just speed.
- (4) Sports Legends on Success by the American Success Institute, Inc., 5 North Main St., Natick, Mass. 01760, 1-800-585-1300 (Group orders preferred). Famous motivational quotes from sports legends such as Babe Ruth and Peggy Fleming.

Dr. Rubenzer does individual aptitude/achievement testing from preschool through senior adults with same day results. He does SAT preparation in addition to coaching, speaking/writing on performance enhancement through reducing stress. His new, humorous book, *How the Best Handle Stress*, is available from Warren Publishing, 1-704-907-0143 (warrenpublish@aol.com) or call 1-336-272-8090 for testing/speaking information.