

How the Best Handle Stress - A First Aid Kit

By Ron Rubenzer, EdD, MA, MPH, MSE, FAIS

No. 1 in a series

How the Best Handle Stress - A First Aid Kit

This novel and step-by-step keys to managing stress begins with teaching us how to live life in the fast lane, thriving and not just hanging by threads to survive.

This is your First aid kit.

Consider this book as your pocket-sized, first aid kit, allowing you to travel lightly... "In God we trust, everyone else needs references." So, with that in mind, a bedrock of evidence-based research is contained in the original book "How the Best Handle stress, by using your head and heart." housed at Columbia University library. The book is also available online ([amazon.com](https://www.amazon.com)).

Since work and school have surfaced as potential sources of stress, this book is devoted to work, and school. The author has worked in Cardiac Rehab, designing first-aid kits, to help cardiac patients benefit from stress management. He has also spent decades taking and giving tests and coordinated wellness programs.

The Fort Knox of Stress-Science - The American Institute of Stress (est. 1978)

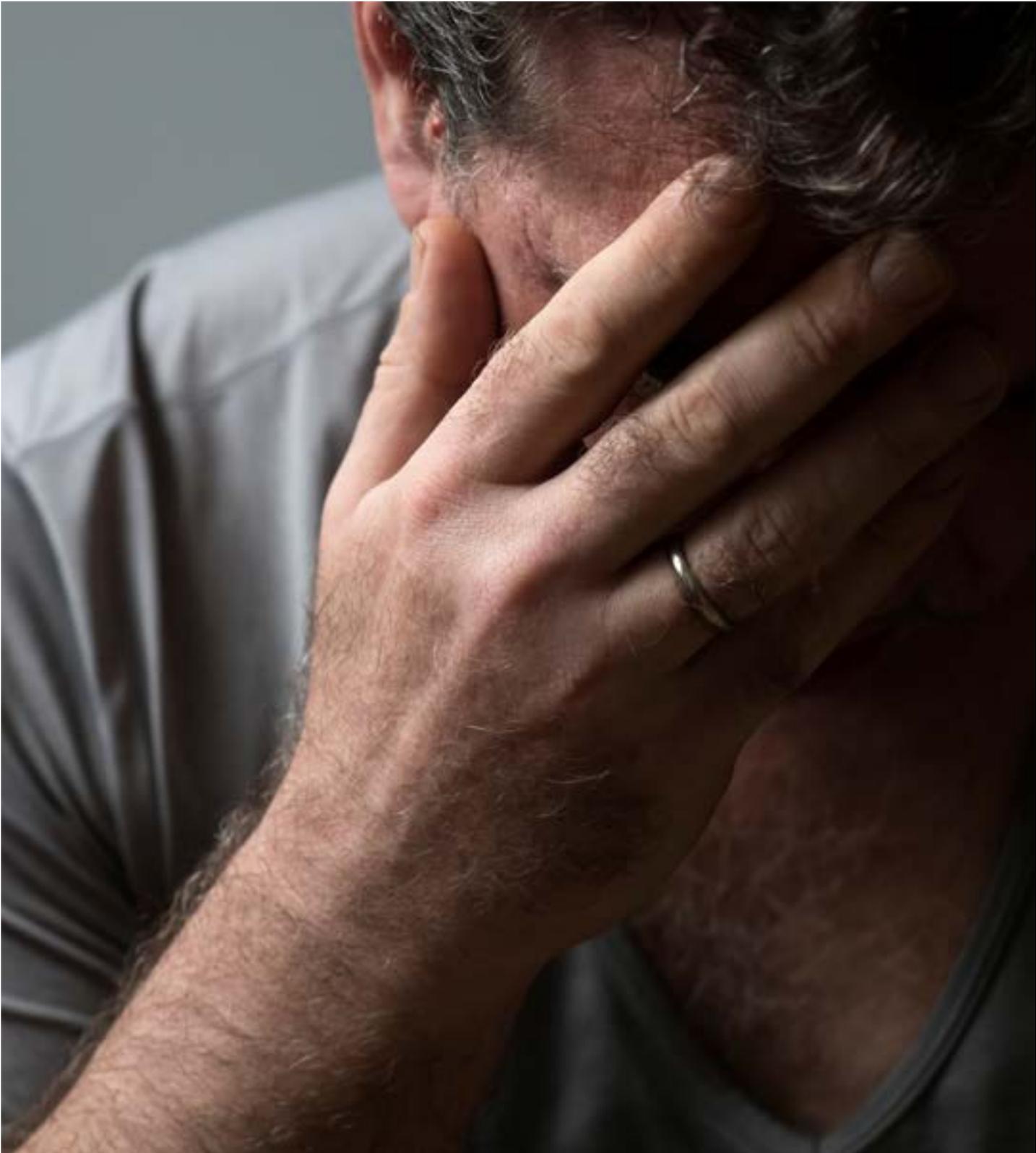
The virtual "Fort Knox" of stress-science information on stress is the - American Institute of Stress-. The American Institute of Stress was founded under the direction of the world-renowned Han Seyle, who, in 1936, coined the word STRESS (American Institute of Stress 2017). From its establishment in 1978, the

American Institute of Stress has provided the "Best practices advice" carefully monitored by medical and other highly qualified professionals. As there as many cures for stress as causes, go to the American Institute of Stress ([stress.org](https://www.stress.org)) as your library of Congress for scientific information on stress science.

The Invisible Disability for 40,000,000 Americans - Now being addressed.

A barometer of concern is "key word" searches. And the survey says, almost 2,000,000 individuals are searching for a stress solution. (wordstream 2018). Anxiety disorders affect 40,000,000 American (NIMH 2018) and are the leading mental-health issue, affecting about one in five. The need for stress-education has reached such a tipping point that it is now a mandated part of the public-school core curriculum, at all grade levels, in New York State, beginning 2018.

A 2018 study by the American Psychiatric Association revealed that Americans are even more anxious than just the previous year (2017). Women still tend to be more anxious than men (<https://www.linkedin.com/company/american-psychiatric-association/>).



CHAPTER ONE

How DO The Best Handle Stress?

Tips from the top: using stress for success.

You can learn how to have success without distress.

Life in the fast lane may be the only way to stay ahead. Deadlines, lack of time, competition, difficult people, and criticism are roadblocks that are common to everyone. While these may be obstacles for some, the “best” actually use these stressors as stepping-stones rather than stumbling blocks to get where they want. What separates the whiners from the winners? Each of the following fourteen “top guns” has developed individual coping techniques to thrive on stress, rather than just survive.

Those best at handling stress included: an Emmy award-winning writer, a top Nielsen-rated TV personality with an earned doctorate, an Olympic pretrial competitor, a world leader in stress management, a federal judge, a top radio personality, the Executive Director of the North Carolina Writers’ Network, a Yale educational consultant/retired interim superintendent of a 77,000-student school system, and a private-school teacher from Australia. One of their personal formulas, listed below, could just work for you.

Their winning tips are summarized below and detailed later in the “rest” of their stories.

- Enjoy all aspects of your life.
- “Stress management is thought management.”
- Meditate, exercise, enjoy and achieve.
- Have fun in all you do and leave a legacy.

- Forget yourself by serving others.
- Keeping calm to help others under adversity.
- Using a proven technique.
- “Get physical” and focus on family.
- Making the right decision.
- Tips from our Australian neighbors: Meditate, exercise and diners.
- Providing the most good for the “cause.”
- Walking, massages and movies.

The “Rest” of Their Stories

It may be of interest to match the above stress-management techniques with the names and jobs of those who were deemed to be best at handling stress. Their most interesting stories of success over stress follow.

1. Enjoy all aspects of your life.

“I don’t practice any specific stress-reduction technique. I find that good social support from friends and family and enjoying and being able to derive pride of accomplishment from what I do are powerful stress busters. I derive a lot of fun from my work, which I consider to be more like play... I also have fun playing golf.

I can’t wait to get up in the morning, including weekends and holidays, to continue with any one of a number of exciting projects and assignments at work. I believe much of the satisfaction derives from the fascinating people I meet, and the opportunity to keep learning.”

Dr. Paul J. Rosch, M.D., President of the American Institute of Stress in Yonkers, New York and Clinical Professor of Medicine and Psychiatry at New York Medical College. He is also an author and frequent contributor to publications such as Reader’s Digest, which is read by more than twenty-two-million people.

2. "Stress management is thought management."

"Stress management is thought management... Control is ultimately the answer to stress; the more control you have over your life the less stress you should experience. Regardless of whom we work for we should all consider ourselves "self-employed" and act and manage our lives accordingly. Move away from the stressful orbit. So, you need multiple strategies."

Winner of the 2000-2001 Toastmaster International Award for Leadership and Communication and top Nielson-rated local TV News anchor, Dr. Lee Kinard, developed the nation's most successful, longest-lasting local TV show in the nation. For forty years he has hosted the early dawn, "Good Morning Show." Remarkably, he has carved time out of his busy schedule to earn a doctorate and write a book entitled, Good Morning, that details the development of this top-rated TV show.

3. Meditate, exercise, enjoy and achieve.

"I have learned... through [daily] meditation how to better manage all the things one must manage day in and day out." This multiple Emmy-winning writer also jogs daily. For fun he reads, goes to the movies, and visits with friends as much as possible. His major job satisfaction is "the completion of a well-written scene or script."

Two-time Emmy award-winner, Rex Best, writes weekly TV scripts for a top-rated show. The Nielson ratings are used to assess his performance. This former teacher is under great pressure to coordinate the TV scripts with other writers under tight deadlines.

4. Have fun in all you do and leave a legacy.

"... I make it my job to find fun in whatever I

do. Clearly there are some limitations. Funerals, visiting the IRS, excessive dental work would all be beyond stress relief. But playfulness within the daily routines of life can be a life saver. Be on guard not to become too professional. Outright silliness can be very healthy and helpful to the bottom line.

Jobs allow the opportunity to positively touch the lives of co-workers, customers and others. To leave a human being progressed by an encounter with your company is the best of personal satisfaction."

This is the stress-management advice of Bill Flynn, host of a long-running and highly successful daily morning radio show on WMAG, High Point, North Carolina. Bill also writes a weekly newspaper column and recently wrote a book.

5. Forget yourself by serving others.

"I forget myself by serving others. I like to read and play with my three-year-old. My major job satisfaction is service to others. Provide service to others without concern for outcome and your stress will evaporate."

Dr. Sanford Danziger, M.D., and Director of TRP: Training for the Totally Responsible Person as a way of eliminating "victim mentality" in the workplace. Danziger is recipient of the highest award for training, innovation and creativity from the American Society for Training and Development. Co-author of the successful book, Better than Money Can Buy. Danziger practices in Winston-Salem, North Carolina.

6. Keeping calm to help others under adversity.

"I keep me calm in order to control any adversity. I read and watch soccer on TV My



job satisfaction is helping members of the San Marino community in New York. (San Marino, Italy, holds the world record for countries with the highest life expectancy for men [77.2] and women [85.3].)"

This is the stress-management advice of Jose Riba, K.M., Honorary Consulate General of the Republic of San Marino, Italy, assigned to New York.

7. Using a proven technique.

"I use Freeze-Framer™, a five-step, scientifically proven, one-minute technique to clear thinking and calm down. I play, hike in nature, dance, 'explore the heart' daily. My major job satisfactions are finding new ways to share Heartmath relaxation techniques with people/ seeing their lives improve, seeing my staff's lives improve and having fun staff meetings."

Thus advises Dr. Deborah Rozman, Executive Vice-President, Heartmath, Boulder Creek, California. Heartmath programs focus on business-stress training to improve productivity, and have been featured on national TV programs and

presented at the 1997 International Congress on Stress, Montreux, Switzerland.

8. "Get physical" and focus on family.
"I manage stress with physical exercise three or four times per week for forty- five minutes.

I also spend time with family. What I look forward to at work is satisfactory completion of projects such as negotiation of a new contract or meeting a deadline."

So says Roy Bixby, M.B.A., Human Resources manager, R. J. Reynolds Corporation, Milwaukee, Wisconsin.

9. Making the right decision.

"My major job satisfaction is simply getting the right decision made (as often as possible) and doing so expeditiously," advises Judge Charles Biscoe, Administrative law judge, Southeast Region, Greensboro, North Carolina.

10. Tips from our Australian neighbors: Meditate, exercise and dine.

This Olympic pretrial gymnast states, "To manage stress, I practice yoga once per week, use meditation daily, and exercise three to four times per week. For fun, I have dinner with friends once a week."

This advice is from the dynamic Rowena J. Robinson, B. Sc.Ed . PDHPE, Dip. HM, Olympic pretrial Competitor, Health and Fitness Consultant, Monte Sant'Angelo Mercy College

(private school). North Sydney, Australia.

11. Providing the most good for the “cause.”

“For stress management, in addition to other exercise, I walk three times per week. On Saturdays, I unwind by cooking and baking and listening to the Metropolitan Opera on the radio. My major source of job satisfaction is advising writers on their work and the completion of a newsletter for the North Carolina Writers’ Network [NCWN] six times yearly. I also enjoy helping to organize two state conferences for NCWN,” says Dr. Linda Hobson, professional writer and Executive Director of the North Carolina Writers’ Network. She is the author of two scholarly books.

12. Walking, massages, and movies.

Yale consultant, and retired interim superintendent of a large (77,000 students, 5,000 employees) school system, Dr. Lillie M. Jones recalls that after more than thirty years of service as a teacher, she was promoted “from within” to the “top” in a North Carolina school system, which is a distinct honor. She was a very highly regarded, unusually effective top-level administrator, who led her staff and students through positive leadership and no-fault administration.

We look forward to featuring other chapters from Dr. Rubenzer's book in future issues of Combat Stress.

ABOUT THE AUTHOR

Ron Rubenzer, EdD, MA, MPH, MSE, FAIS is a Contributing Editor with The American Institute of Stress. He holds a doctorate and two master’s degrees from Columbia University in New York City. He won a doctoral fellowship to attend the Columbia University’s Leadership Education Program. While serving as a school psychologist at Columbia, he won a national student research prize of the year for an article written on the brain. Dr. Rubenzer worked at the Washington DC Office of Education. Also, while at Columbia University, he wrote an article for New York Magazine on enhancing children’s development of their full potential. He has devoted his career to specializing in “reducing stressing-during testing” for better outcomes. He has worked as a stress manager for a hospital based cardiac/stroke rehabilitation facility and their Employee Assistance Program. He also coordinated a wellness program for a large school system. He is a fellow with The American Institute of Stress and writes focus articles on “using stress to do one’s best” at home, work and school.

He has also conducted speaking engagements for conferences and presented for a number of television shows.

His latest book is *How the Best Handle Stress - Your First Aid Kit*

<https://www.amazon.com/How-Best-Handle-Stress-First/dp/1731056508>

