

MAFES Dawg Tracks



June 2, 2008

Safety Tips: 6 Ways to Handle Stress



We all tend to think that we are “tough” enough to handle anything that comes along, including stress. Stress causes many types of problems such as alcohol, drug abuse, and divorces. Sometimes we are under stress unconsciously and don’t realize it. Stress does funny things to our bodies, such as:

- ~ Releases sugar into the blood & can affect your bloodstream levels
- ~ Increases your heartbeat
- ~ Thyroid hormone is increased in the bloodstream
- ~ Sex hormones are reduced
- ~ The entire digestive tract can shut down

Following are some tips to help us manage stress and help to reduce the influential factors mentioned above:

- **Work on Your Attitude** – Dr. Paul J. Rosch, Pres. Of the American Stress Institute states that the problem isn’t the stimulus, but the reaction to the stimulus. He uses this example to show attitude concerns. Stopping at a red light doesn’t release hormones and blood sugar, but “stressing out” because the light turned red does.
- **Think about Something Else** – Get another subject on your mind. Psychologists say that thinking about any other subject will help you to forget the situation that resulted in your stress.

STRESS TIDBITS

- ~ Worry is derived from an Anglo-Saxon word meaning “To choke or strangle.”
- ~ Science has uncovered a “Type C” (or type 1) personality. Less well-known than the angry, heart-attack prone Type A personality, but no less lethal. Type C does tend to suppress their true feelings. They wind up at high risk for developing cancer.
- ~ When certain plants come under stress, they give off ethylene gas. Insects seem to be aware of these gaseous emissions and will “hone-in” on the stressed-out plants.

- **Think Positive** – Thinking about a past achievement or a past success is an excellent way to get rid of your stress. For example, if you’re getting ready to do a presentation and the audience is new or this is your first time in front of them, think about that last achievement or other event that you were good in.
- **Take a Mental Vacation** – Dr. Ronald Nathan, director of Family Practice and Psychiatry at Albany Medical College states that taking a mini-vacation in your mind is an excellent stress reliever. He says that to fantasize that you’re vacationing on a beautiful beach (if this is what you like) or on a fantastic hunting trip or at Pebble Beach or some other venue that excites you will help you manage stress.
- **Count to 10** – Sometimes when you feel a stress attack approaching, pause and relax for a few minutes and the stress usually slacks off a bit.

It is like an old adage that I was told in a factory years ago - some decisions need to be made promptly and some can be made with a little time in between - you have to judge the circumstances. The ones that give you a little time mean that if you sleep on the issue, the next day it may look differently and make your decision process more rational.

- **Use Affirmation** – Affirming yourself in a stress-oriented situation can alleviate stress, because you tell yourself that, not as arrogance, but in self-confidence, that I’ve been here before, I know the situation and I can handle it. Self-confidence is the best medicine that one can have to neutralize stressful incidents.

YOU ARE THE KEY!!

HELP MAKE ALL OUR

“DAWGS” ACCIDENT FREE!!!

Ted Gordon-Risk Mgmt/Loss Control Mgr.

MAFES / MSU-ES (662) 566 -2201

Excerpts: www.safetymxchange.org

2/25/2008