

## PUTTING STRESS TO WORK

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Stress like electricity is simply energy. Stress management is basically just good “energy conservation.” Like electricity, stress can bring "good things to life" like brightening up a room. Misused, distress can burn-out our bodily circuitry just like negative “electrical energy” can harm—think of an electric eel. Also stress can "jump" from one person to another, just like a built-up static spark can jump from one person to another (after you build up a charge shuffling across a thick rug). Everyone has hidden power reserves. Never has there been a case of anyone lacking so much energy they could not leave work. The trick is how to call on your stress energy reserves at will.

Getting to the Heart of the Matter:

Dr Jake Hochrein, Chief of Cone Health Cardiovascular Service, lists reducing stress as one of *8 Easy Steps to a Healthy Heart*. (Heart disease is the number one cause of death in the country.)

Dr. Hochrein advises *taking time to de-stress and relax*. (Wellness Matters, 2-22-2016\*)

The good news is you can insulate and ground yourself against harmful stress buildup. We are already hardwired for peace. Being peaceful on purpose also reduces headaches (and keeps you from being one). Furthermore, self-calming is key to a good night’s sleep.

The ABC's of Stress Modulation:

First things first. Always see your family physician if you're in any kind of emotional pain. Universal screening for depression is now recommended for everyone. Just for TODAY pay attention to your **Attitude, Breathing and Choices**:

**A-Attitude**—Be positive or be quiet.

**B-Breathe** slowly and deeply for a few breaths. Counting silently to yourself—“breathe in” to the count to five, hold your breath at the crest of your inhale, then slowly breathe out, counting from 6 to 10.

**C-Choice**—Choose to take control of whatever you can—starting with *yourself*. If you are not in charge of yourself—who IS? (Under the right circumstance, even preschoolers show self-control).

Carefully choose your Support Group. There are *emotional vampires* who feed off your personal joy. Emotional vampires need to have control and be noticed even if it is for something shocking. These are the folks who say, “Obviously you are in a good mood because you don’t understand the situation.” Avoid these people. Fly with the eagles; don’t flounder with the turkeys. Remember, your stress can work for you for a successful and satisfying life—if you put your mind to it.

End

Dr. Ron Rubenzer lived in NYC—THE stress capital of America

(<http://money.cnn.com/gallery/pf/2014/06/25/most-stressed-out-cities/index.html>)

For more information on making stress work for you go to [www.drrubenzer.com](http://www.drrubenzer.com)

\*<http://wellnessmatters.conehealth.com/2016/02/8-easy-steps-to-healthy-heart.html>