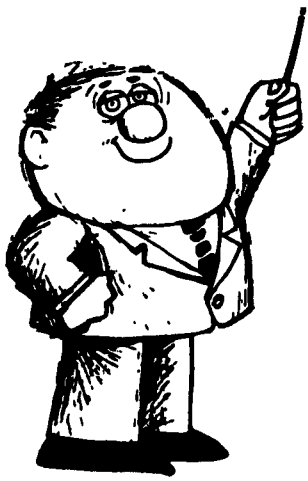


# A Psychologist Offers Ways To Cope



(Continued from Page C8)

loss of sleep. Control is lost and "you feel helpless." To deal with this, "avoid catastrophizing" and allowing the stress to build up to where more problems are created. It's also important not to "over-rationalize" and say you don't care when you really do.

• Job-related stress. This is a

that 71 percent of the respondents said the subject of money "makes them anxious." Fifty-two percent indicated that thinking about money "makes them depressed." About the subject of money, 51 percent noted it "makes them angry." People have trouble with money, and at issue is "control." Many can't keep track of money and many believe what little they have is taken by forces out of their

They include:

• Frustration. This is the same as catastrophizing or focusing on the frustrations.

• Perfectionism. This is the belief that we can do everything

make it a part of your life, but recognize you need to take a "respite from worry" to give yourself strength.

How do successful stress managers cope? There are several ways,

**'Start doing things,' said Wilkofsky, to 'resolve the problem. Don't focus on the aggravation.'**

**Wilkofsky indicated that 15 percent of the total U.S. population is comprised of 'chronic worriers.'**

feeling that "your input doesn't really count," he said. Be more assertive to resolve the problems or change your place of employment. And don't waste time on things that you simply cannot change.

• Money. In a survey conducted years ago by the magazine Psychology Today, Wilkofsky said

control. In this case, a budget may be practical and even necessary for those who have a lot of money. Again, being assertive and taking action is critical. Long-term planning and budgeting can help alleviate stress.

Wilkofsky spoke about "stress intensifiers" that can make a stressful situation even worse.

perfectly and there is no margin for error. "This can really be paralyzing," he said. He said that the overall product is important, not the small errors. "I dare you to find a newspaper with no typo in it."

• Worry. According to a recent survey, Wilkofsky indicated that 15 percent of the total U.S. population is comprised of "chronic worriers." That means about 37.5 million people worry more than eight hours a day. "Worry is like a rocking chair — it gives you something to do and doesn't get you anywhere." The important thing is to get control of worry, assimilate it,

according to the Lancaster General Hospital psychologist. Here's a list:

• Cognitive reframing. So many people stick by the belief, the "fallacy of fairness," that the world is a fair place, and everybody can get his or her fair share. This is simply not true. Those who can cope can make a list that details the stressful event, the immediate reaction to the event, and learn to focus on the "rational response." An example: the car won't start in the morning. The immediate response can be "it's going to be a bad day."

But the rational, controlled response is realizing the car hasn't had a tune-up in three years and the engine sounded funny, so perhaps it needed work that was avoided. The important thing is, the day is not lost.

• Time management. People need to learn to prioritize items for a day and not be unreasonable. Hoping to do something in one hour that takes two hours can cause stress. Now that tax deadline is fast approaching, it has become more important to "tend to taxes first rather than (to repair) Aunt Sadie's creaking door." Perform projects in small steps; that way, a project that appears large and overwhelming can be accomplished.

• Assertiveness. Those who can cope best have the ability to say "no" to things they really don't want to do. They have learned to assert themselves in a clear, calm, rational, positive way.

• Relaxation technique. This involves deep breathing, meditation, or other methods to help relieve stress. But this requires a commitment in terms of time.

• Exercise. There are lots of data supporting the boosted physical and emotional well-being that consistent exercise provides. But this also requires a strong commitment to have positive effects. Also, this includes eating well (avoiding junk foods), getting sufficient sleep, and recreation.

• Social support. Groups such as the young farmers often act as therapy to deal with some of the problems of stress. Through the experience of others, they provide an outlet and a way of communicating effective ways to handle stress.

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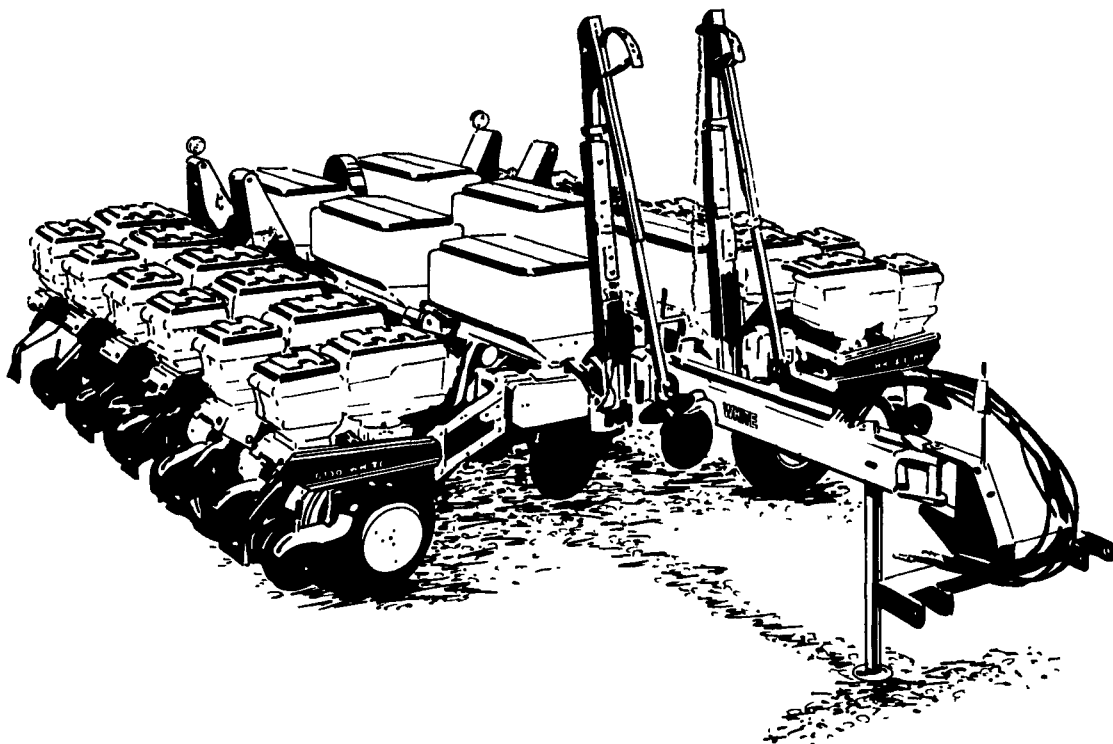
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