

Family Living Focus
by
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Learning To Deal With Stress

The first step to coping with stress is to become sensitive to the particular ways in which your own body responds so that you recognize when you under stress. Be alert to these signs and dozens of others. Recognize them in yourself as well as in those you love. Stress often causes some degree of feeling low. You hurt all over. What should you do about it? Fortunately, there are many ways of learning to deal with stresses of life and moderating the toll they take on your health.

Unhealthy Ways To Deal With Stress

Two of the more common ways in which we have learned to deal with stress is an unhealthy manner includes internalizing and using mood-modifying chemicals. Many of us have grown up believing that we must always "Stand on our own two feet: Shape up and be a man," "Keep your chin up and carry on." All these admonitions are very well except that if you're confused, irritated, scared, angry, etc., these emotions are being expressed. They're being expressed internally, where they do damage to your body. When your

emotions are denied, covered up and not faced realistically, you get sick. In addition, when you internalize your stress, you can't control the damage it does.

Another unhealthy way of dealing with stress is the over-utilization of mood modifying chemicals. Stay away from these except under a doctor's supervision. Tranquilizers, drugs, and alcohol are not solutions to stress problems. If you use these habitually as crutches to relieve your "tight tummy" or your anxiety, you will fail miserably. You should consider the use of drugs as a temporary measure to help you through a crisis rather than as a routine, day-to-day method of coping with normal stress.

Healthy Ways Of Dealing With Stress

Often an effective way of coping with potential stress is to avoid those situations or circumstances in which stressors are likely to be high. Unfortunately, one cannot always avoid those situations or circumstances. One can however, develop certain skills to help modify stress responses. Several methods of coping with stress are:

1. Like yourself. You are a unique individual. Respect your

abilities. Recognize your needs, forgive your errors.

2. Define tasks at hand by determining what you want to accomplish and how you will proceed realistically. Work on one task at a time. When anxiety creeps in, think about what else you may be trying to do and recheck your expectations — are they too high?

3. Learn to accept what you cannot change. Some circumstances are beyond your control. Accept realistic expectations and go about achieving them, with assistance if needed.

4. Talk about your troubles. At times, confiding worries to a special friend or a trained professional may relieve your stress. Often another person can help you see your problem in a new light or find a new possible solution. Worry constructively.

5. Relax creatively. Take time to do something you really enjoy, or learn the art of loafing. If you set aside time to relax, don't let anything interfere.

6. Work off tensions. Try a physical activity like walking or gardening.

7. Keep yourself physically fit. Know how many hours of sleep you need. Having enough sleep regularly will help give you a refreshed outlook on life. Eat nutritionally balanced meals. Have a regular exercise program.

If the stresses you are feeling interfere with day-to-day living and application of one or more of the above methods of coping with stress do not seem to eliminate the symptoms you're experiencing, it is suggested that you contact your physician or a mental health professional.



Penn Yan FFA Is All Over The Yates County Fair
MARCY QUACKENBUSH
Penn Yan FFA Reporter
Many Penn FFA members had their chance to speak and demonstrate what the FFA is all about by attending the 157th Yates County Fair, July 9-13.

On opening day, Emily Lilyea (PY FFA secretary) and Marcy Quackenbush (PY FFA reporter) had the opportunity to go "live" on the WFLR radio station and explain to the community what the FFA would be doing throughout the week at the Yates County Fair. They also explained what the FFA is and what the Penn Yan Chapter had accomplished throughout the year.

Also on opening day, Penn Yan FFA members had the opportunity to see their favorite rodeo cowboy, Bob Collins, participate in the Sanction IPRA Rawhide Rodeo. Bob competed in the Saddle Bronc Rider competition. Unfortunately, he fell off before the eight second qualifying time mark had been reached. Bob also was a rodeo clown. He was a blast to watch. Bob is a second year member of the Penn Yan FFA Chapter.

The FFA had two display cases at the fair. One was a booth which displayed several awards that the chapter had been presented with over the year, the chapter's scrapbooks, and a continuous video showing of the 71st New York State FFA Convention. The chapter received an official Blue Yates

County ribbon.

The FFA also designed a landscaping exhibit which displayed many flowers that were grown in the ag department's greenhouse. The exhibit featured a waterfall that fell into a pool of water, fish, and watering plants; the letters FFA spelled out with marigolds; a stone patch for fair goers to walk around; and the chapter's theme, "FFA: In Your Home, In Your School, In Your Community. It's Not Just For Farmers Anymore!" The Penn Yan FFA also sold extra plants that were in ag department's greenhouse. The landscaping exhibit also received an excellent rating.

On Wednesday, July 10, FFA members had the opportunity to compete in the FFA tractor operators contest. Emily Lilyea (PY FFA secretary) took fourth; Matt Leach took third; Matt Fritz (PY FFA vice president) took second; and Aaron Vaughan (PY FFA sentinel) took first. Aaron will be representing the Penn Yan FFA Chapter at the Great New York State Fair in August.

On Saturday, July 13, Natalie Jensen (PY FFA treasurer) and Marcy Quackenbush (PY FFA reporter) had the opportunity to meet Dr. Donald Davidson DVM, who is the commissioner of New York State Department of Ag and Markets. The two FFA members guided Davidson throughout the fair and explained to him what the FFA is all about, and what the chapter had accomplished.

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