



HOW TO TRIUMPH OVER STRESS

EFAP/North

1095 Cassells Street

North Bay, ON

PIB 4B1

Phone: 494-8086

1-800-266-3506

Fax: 494-1042

E-mail: efapnorth@vianet.ca

www.efapnorth.com

For more information and to submit articles contact

Debbie Maltby,

Administrative Assistant

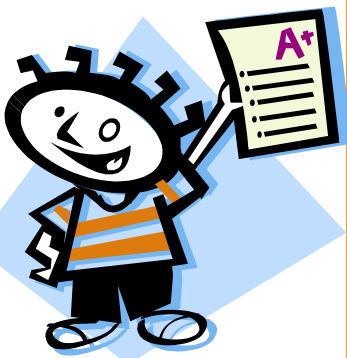
at EFAP/North

To tame tension, it is helpful to increase your awareness of what is going on in your body. Learn to listen diligently to your body to detect the slightest hint of stress before it takes hold. Scientists have consistently advised that stress is not in the situation we face but rather in our response to it. As you face one irritant after another, tension mounts, and more of the stress hormones are produced, eventually, over time resulting in physiological breakdown. The good news is that you have the power to change your physiological and hormonal responses in 11 seconds using the TRIUMPH technique. As soon as a difficult situation presents itself, tell yourself "I can handle this". Immediately take control by applying the TRIUMPH technique. Remember that happiness is the antidote to stress. It is helpful to act happy by thinking of happy events and situations, during tough times.



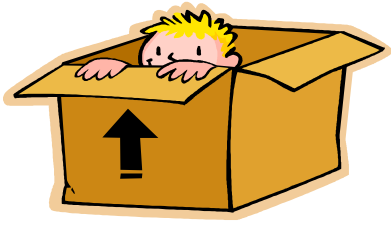
The TRIUMPH Technique

- T** Take a deep breath
- R** Relax as you exhale
- I** Imagine the tension leaving your body
- U** Look up and smile
- M** Mark the heaviness of your arms & legs
- P** Perfect your posture
- H** Harmonize your thoughts and feel happiness in the moment



BACK TO SCHOOL

CONNECTIONS



Parents can help reduce impact of shyness in children

New research shows that while children may inherit a genetic tendency to be shy, the impact of this tendency in kids' lives can be reduced by supportive home and school environments.

The term "shyness" refers to a set of symptoms (rapid heart rate, nervousness, flushed skin) that produce a "fight or flight" response in the brain when something unexpected occurs.

Exactly what triggers shyness is still a mystery, says researcher Nathan Fox of the University of Maryland. But his study of 153 kids with the gene (5-HTT) associated with timidity found a strong link between the "shyness response" and stressful environments. Dr. Fox suggests that by making some adjustments with inhibited children in mind, parents and teachers can help kids with a tendency to shyness develop skills that will lead to social and academic success.

Bernardo Carducci, author of *The Shyness Breakthrough*, offers these specific suggestions: (a) try different approaches to include and encourage shy children, (b) give them more time to warm up to the idea of an activity and (c) play to their strengths in picking activities.

Dr. Jerome Kagan of Harvard, who has studied the neurological foundations of the shyness reaction in newborns, is now working with geneticists to tease out some of the nature or nurture influences in understanding shyness.

Children's preschool socialization is important, says Dr. Kagan. For example, when timid children are ridiculed, they often withdraw further and may become aggressive, he says.

—Adapted from *Preschool Matters*

Lessons In How To Suffer

1. Refuse to look at how the situation really is (and definitely don't see any "good" things in your life or how wonderful you are).
2. Embrace a negative perception ("the glass is half empty"; "it's definitely greener on the other side of the fence").
3. Strengthen that negative perception by obsessive thinking (you keep thinking about it, thinking about it, thinking about it, thinking about it...)
4. Get lost in the pain / agony without looking for a way out (stay victim, don't choose being a survivor or a thriver)
5. Constantly compare yourself to others (a perfect way to judge yourself and feel your ego - "I'm better than ..."; "I'm less than ..."; "I am the same as ...")
6. Cement your suffering through your relationships (choose those people who don't love you, respect you, support you, that way you can stay in the cycle of victimhood)

If you are tired of suffering, do the opposite of the points listed above:

1. ***Be honest about your situation. Find the good in your life and yourself***
2. ***Take on a positive perception. Each time you are aware of a negative thought, reword it in a positive way to yourself***
3. ***Weaken the negative perception by rewording everything in a positive way***
4. ***Look for the way out; you can find it***
5. ***No comparison, no judgement***
6. ***Choose people in your life who love you, respect you, support you in your journey away from victimhood***

S. Green—Jan/06
