



Handle Stress; Don't Pass it On

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Posted October 18, 2008

With the ongoing roller coaster ride of the financial world, there is plenty of stress to pass around. People are searching for an explanation, and many feel the need to point fingers at someone.

Stress exists in the sports world, too. Our favorite local football team is off to an average start and much time is spent on grumbling and trying to figure out why.

Difficult circumstances often lead to stress, and complaining and worrying is a natural response. We attempt to find the quickest way of escape, instead of finding and resolving the root cause. Some try to run and avoid confrontation altogether, allowing the situation to fester.

Unfortunately, the stress we encounter as adults often trickles down to our children.

Gas prices might cause a family to force a child to pick one sport. Social status might cause parents to expect their children to perform at impossible levels. Even if we don't directly pressure our kids, they can tell when something is wrong.

Whatever the cause of these stressful situations, we all (myself included) can do a better job of handling them.

To help our children cope with stress, we should re-evaluate our expectations and let them help come up with solutions. Help them be in activities *they* enjoy.

Here are some tips on how we can diffuse our own stress:

- Before getting all worked up, gather all the facts. Respond appropriately and not hastily. Sometimes we assume incorrectly and create unnecessary grief.
- Focus on our power source and wisdom to help us deal with the cause of our stress.
- Work on what you can control and forget the rest.
- Drink plenty of water to think calmly and function properly.

- Get quiet time alone. Whether it's a walk for moderate exercise, or private time for meditation, peace and quiet can make a huge difference.
- When facing deadlines, focus on the task at hand instead of the clock. Unnecessary worry creates inefficiencies in our work.
- Hope for the best. By thinking positively at all times, we develop a great habit to destroy stressful situations.
- Have fun. Find something relaxing and enjoyable and focus on it. Stress will subside and we'll feel less tired.

When we follow these simple steps, our stress will diminish and we will be more content.

So will our kids.