

by Dougy Wilson, The Healthy Livin' Team

Stress comes in many forms, it's one of those things that's tough to avoid in this day in age. Most would agree it's unavoidable so forget trying to eliminate it; face it head on and go right through it.

## How should someone beat stress?

Tackle it in small steps; one by one. Try to avoid looking at the big picture which can seem overwhelming at times. It would be nice to rid ourselves of stress altogether, unfortunately it's not going away and we need to find ways to deal with it.

## Lets focus on stress management

Solid methods to manage stress:

1. Take time each day for complete silence. It doesn't have to be a long time, but make the effort to sit, breathe, and relax. (TV turned off, cellphone on silent, leave the laptop in the other room and just relax.) Try it. Our days are busy and so are our thoughts, so try taking some time to slow the mind down and watch the stressful thoughts float away.
2. Find your passion. Find a hobby or activity that allows you to fully absorb yourself and get you into the "zone". If you've experienced this before you know how time flies without even knowing and what a great feeling it is.
3. Exercise. Physical activity can increase your mental state of mind, lower blood pressure, curb food cravings, and opens up your lungs.
4. Give the news a break. For some, watching or reading the news is a daily ritual. Don't go "cold turkey", but try going a few days at a time news free. A lot of the news is quite negative and removing this may help reduce stress.
5. Treat yourself. If you work hard, play hard. For example, go in for a massage. This is only one

of many ways to thank your body for the hard work you put it through.

6. Let your feelings flow, and then let them go. Don't hold things inside, they'll just linger there and leave you thinking about them. Write them down or talk to someone close to you.
7. Laugh as much as possible. They say a child smiles 400 times per day while adults crack a smile on average around 17 times per day. Let's all smile more!

While you're thinking of the above suggestions, here's another list you should be able to do during your day; quick and easy stress busters:

- **Eating great = Feeling great.** Simple enough. "Eat junk = feel like junk"
- **Put it into words.** Get a journal and write down your thoughts, this can change the way you view things.
- **Sleep.** This does the body and mind good.
- **Get organized.** Get a to do list and stick to it, feel great checking off anything completed.
- **Set goals.** Keep on the right track by moving forward to an accomplishment.
- **Talk about it.** Use your friends and family, that's what they are there for.
- **Ask for help.** We can't know everything in the world, be open to assistance.
- **Laugh.** There's no such thing as laughing too much.
- **Chill out.** Put on some music that you love or watch a funny movie.

It's so easy to get caught up in whatever situation we're going through. Our minds are one powerfully tool. They have the power to turn an early morning walk to the shower stubbed toe seem like the end of the world and ruin what could and should be a great day.

What it comes down to is YOU, how are YOU going to handle paying your bills, gas prices, relationships, etc. Do you want it to be stressed or not. The later sounds much more appealing. You decide.

In the mean time check out some lyrics from a song titled "Take It Easy" by The Eagles.

Take it easy  
Take it easy  
Don't let the sounds of your own wheels  
Drive you crazy  
Lighten up while you still can  
Don't even try to understand

Just find a place to make your stand  
and take it easy

oh oh oh

oh we got it easy

we ought to take it easy

You might have your own way of dealing with life's stresses, big or small let us know. The more help the better.

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embracing the poverty tool that Gary Bloch has moved his profession to adopt across Canada. Trudy Lieberman, a journalist for more than 40 years, is an adjunct associate professor of public health at Hunter College in New York City. She is an advisor at EvidenceNetwork.ca, and a longtime

contributor to the Columbia Journalism Review where she blogs for its website, CJR.org, about media coverage of health care, Social Security and retirement.



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## Did You Know....?

by Jennifer (Jay) Sherwood, BScN, MEd.

This column highlights a sample of the information that has arrived since the last issue of HEALTHbeat. All of this comes from press releases, lists and other such things that are available on the Internet. Apart from editing, I am passing it along to you as it comes to me.

Be advised, HEALTHbeat does not endorse or otherwise support any of the products, new ideas etc.

### Did you know that...?

**EDMONTON, AB – After high-profile figures in the political and medical establishment criticized Alberta's electronic medical record (EMR) systems as fragmented and ineffective, the Health Minister launched a task force earlier this month to investigate how a more unified system could be created.**

**OSHAWA, ON – Lakeridge Health notified 578 people last month that their hospital records were inappropriately accessed.** Hospital officials say 14 staff members who provide

mental health services have been disciplined over the privacy breach, which occurred during a 10-year period between December 2004 and summer 2014.

**VICTORIA, BC – Vancouver Island's health authority says it has fired two employees who looked at more than 100 patients' private healthcare records to satisfy their curiosity.** Island Health says the employees looked at 112 electronic health records of patients with whom they had no care relationship.

**MONTREAL, PQ – Healthcare professionals from the Montreal University Health Centre devised innovative solutions at the Design Challenge Montreal event, which was held in the city last month.** Their prototypes included systems to keep depressed patients on track; an app to prepare children for MRI exams; and a predictive software tool for spotting breast cancer in mammograms.



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