



# *Press In Print*

News and information from the President's Office  
assembled by Dale Galusha and Gina Duncan



## *Stop the Stress Cycle*

by Joy Choquette

Read the full article: <https://www.vibrantlife.com/stop-the-stress-cycle/>

According to the Health + Wellness 2019 study put out by the Hartman Group, stress and anxiety have overtaken weight as the primary medical concern for Americans.

“Sixty-three percent of consumers say they are treating or preventing anxiety or stress compared to 61 percent who are treating or preventing being overweight,” says David Wright, senior manager of marketing at the Hartman Group. “Weight is still seen as a key indicator of overall health, but mental/emotional health is becoming a more prominent aspect of how consumers understand health and wellness,” Wright explains.

With more than six out of 10 people reporting their greatest health need is to manage or reduce their feelings of stress, how do we begin to tackle this health crisis? The first place to start is right at home, in your own life. Here’s where you can begin:

## **Identify what is really underneath your stress.**

“More often than not, feelings of stress and anxiety show up because a separate, uncomfortable feeling is trying to express itself,” says Diana Calvo, a Colorado-based psychotherapist. “And we desperately don’t want to feel it.” Stress or anxiety is a protective mechanism that is trying to keep us unaware of those painful truths, such as disappointment in life or grief over a doomed relationship or the imminent death of a loved one.

“Engage in a daily practice of noticing your inner experience and your reaction to it,” says Calvo. “For example, if you feel angry, notice your dislike of feeling angry, what you want to do to try to make it go away, and what it feels like in your body.” Once you begin to pay attention to your true feelings, you’ll be able to address them instead of just trying to bury them.

If you discover that you have a long list of nagging worries buried under your stress, start a “Worry List” to get all the stressors out of your head and onto paper. You can turn it into an action list and cross them off as you do what you need to do to resolve them. And for the things you can’t control—you can turn those into a prayer list.

## **Minimize or eliminate whatever stressors you can.**

Reducing stressors, when possible, begins with setting boundaries around yourself and your time.

Your day is literally peppered with opportunities to do more, have more, be more. It can be exhausting just thinking about all the options. This discomfort with scaling back and saying “no” to people and opportunities has even led to the pop-culture idea of FOMO (fear of missing out).

But sometimes, for the sake of your health, it’s better to miss out on an activity—and the stress that comes with it.

## **Laugh at it.**

There’s a reference in the Bible that says a wise woman can “laugh at the days to come” (Proverbs 31:25). Who can do that? Only people who are relaxed, confident, and spiritual, and who can find the humor in situations . . . even stressful ones.

Comedian Charles Marshall says, “I come from the perspective that humor is the antidote to life’s pain.” Comedian Steve Allen once said that tragedy plus time equals comedy.

As well as being an effective healer for grief-stricken hearts, humor is also useful in helping people de-stress and combat anxiety. Looking for humor and adding laughter to your life is key, says Marshall. “The great thing is that humor is a choice. We can be proactive,” Marshall says. “Most people think humor is a circumstance that happens to them, but we can seek it out.”

How? Marshall recommends starting simply: subscribe to humor channels on YouTube, or follow funny people on Facebook. And seek out upbeat friends to spend time with.

## **Don’t let work overtake your entire life.**

Another way to beat back stress? Keep work in its proper place, and don’t give it more real estate than it deserves in your life.

“I’m all for owning your job and being present in your career, but at the same time, this is your only life,” reminds Marshall. If you don’t set aside time for other things in life, you’ll miss out and be stressed out. “I take a daily mini vacation. I like tea, so after lunch I try to just have a cup of tea and talk with my wife. Even when—especially when—the roof is caving in on me, it’s good to just have some human connection.”

## *From Your HR Department*



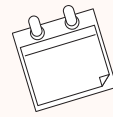
### **Employee Assistance Program**

The Employee Assistance Program is provided at no charge to full-time employees, spouses, or dependents. ComPsych GuidanceResources provides support, resources, and information for personal and work-life challenges.

<https://ascendtowholeness.org/en-US/Members/Primary-Benefits/Primary-Benefits/Employee-Assistance-Program>

### **Flexible Spending Account (FSA) Reminder**

To those with an FSA benefit, you can continue to submit claims for eligible medical expenses incurred during the 2021 Plan Year until March 30, 2022.



## *Dateline*

### **February 2022**

9 PAYDAY  
14 Valentine's Day  
21 PPPA Holiday—President's Day  
23 PAYDAY

### **March 2022**

9 PAYDAY  
13 Daylight Savings Time Begins  
20 First Day of Spring  
23 PAYDAY

Happy  
Valentine's  
day