

Doctor gives hints on how to relieve stress

By MARILYN BETMAN
Special Writer

The ability to cope with stress depends upon an individual's values and perception of events that occur daily, according to Dr. Phyllis Berg.

Dr. Berg, a staff member of the Daily Living Clinic at Sinai Hospital, recently presented an overview of stress and how it affects daily life as part of a lecture series during Health Education Day at the West Bloomfield Jewish Community Center.

To explain how two persons' percep-

tion of the same occurrence may vary, she cited a timely example of two individuals who are dismissed from their jobs.

"If you get fired from a job, but you know that the job was just something to provide you with a little extra money, it's not going to be a major loss for you," she said.

Contrast that example to people who are being laid off from jobs that supplied their livelihood. When jobs are means of supporting families, the experience becomes different from that of someone who didn't have a lot of involvement with their position."

DR. BERG said the way a particular situation is viewed determines whether or not that experience will be stressful. The key to dealing with stress is control. And the first step is to have control over your environment.

"Often we assume that there isn't a whole lot we can do about our environment. But if we really examine the situation closely, it may be that we have more say-so than we thought."

"For example, if your job is the source of a great deal of stress, you do have the option of quitting. But in addition to that, you could ask for a trans-

fer or have a talk with your boss to let him know what is bothering you," she said.

Stress is often the result of the person's own behavior or failure to organize things as well as they could be organized.

"If priorities are properly arranged, this could be a factor in helping to reduce some of the stress in your life," she said.

A third way to alleviate environmental stress is to be assertive.

ARE YOU ending up with more than your share of work on the job because

everyone knows you've been good-natured about it in the past?

"Rather than take on too much responsibility and then experience frustration or anger," she said, "it would be better to insist on help from others."

"Often in this case, the people around you may not realize what has been happening and aren't necessarily doing it on purpose," she said.

Equally important to coping with environmental stress is the ability to modify the body's reaction to stress.

"The use of tranquilizers is one of the most common methods that people apply in order to relax," she said. "This is something that can be effective."

"But tranquilizers only provide short-term relief and many people have medical reasons for not using them."

For people who seek alternatives, Dr. Berg suggested books and courses on how to relax and handle stressful situations.

She also noted that involvement in activities such as exercise and yoga may modify the body's physiological reaction to stress.

"If people feel that their own needs are being met, then they can enter daily situations feeling more relaxed and able to cope with whatever may come up," she concluded.

Ford Motor promotes sales manager

Ronald R. Hannum, of Farmington Hills, has been named national sales manager-special markets for Ford parts and service division.

Hannum previously was supervisor for motorcraft merchandising in the division's marketing Office.

He joined Ford Motor Company in 1966 as an administrative coordinator in the Twin Cities District. After a series of sales and service positions with the Autolite-Ford Parts Division and Ford Division, Hannum became regional operations manager for Ford Parts

Division, western regional office.

In 1974, he became assistant district sales manager for Ford Parts and Service Division, Omaha District.

In 1978, Hannum became supervisor for motorcraft market planning, and

the following year was named supervisor for motorcraft merchandising.

Hannum completed his undergraduate studies at Washington State University and has completed graduate work at the University of Detroit.



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