

Stress of modern world can lead to many ills

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Hello Everyone,

Some changes have occurred at the CMHC this past month. Debra Chestnut left on the 18th of June for parts unknown. Her vacancy will be filled by Vicki Hild who will be starting, hopefully, around the 7th of July.

Kim McGinty, our secretary, went on vacation to Pittsburgh on the 26th of June and will return around the middle of July.

This year the State has cut funding to all of the Mental Health Centers across the state by 10 percent. This means that we are going to have to tighten our belt a bit this coming year. We do not intend for this cut to affect the quality of our Mental Health Care and hope to continue to provide the same amount of direct client services.

The Staff at the CMHC sincerely wishes that everyone has an enjoyable summer.

NOW, A FEW WORDS ON STRESS...

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Stress

In the old days when the Inupiat people lived a subsistence life style there were no grants to get, no officials to talk to and no budgets to meet.

Today, life is more complicated with writing grants, dealing with organizations, meeting demands, working long hours and trying to work while raising children. Sometimes a person keeps working longer and harder hours until he gets physically sick or "burned out" and quits work or turns to alcohol or has problems at home.

This is because of the pressure caused by the work and/or family life. The body is

under stress and the person becomes sick. It is much easier to prevent stress than to face the problems caused by stress. The following are a few simple rules to help prevent stress.

1. You cannot always say "yes" to everything people ask you to do. Learn to say "no" when you know it is more than you can handle and suggest someone else who might do the job.
2. Take your vacations, you earned them, you deserve them. Do not put them off even if you think you have too much work to do and can't leave your job.
3. Relax after work. Don't take your work home with

you if you can help it. take your work home with you if you can help it. Find relaxing activities other than drugs or alcohol. Regular exercise helps a lot to relieve tension.

4. If you find that you have too much work to do, make a list of priorities. Write down what is most important and work on those. Leave the not-so-important things until later.

Also, pass on some of your duties to others. Sometimes you cannot do everything and there is always someone else who can do the job. This will help relieve some of the pressures of your job and home.

Remember that stress can occur from too many responsibilities in the home. Have someone help you with the children and house cleaning.

5. Last of all, if you find yourself getting emotionally or physically ill because of stress from your job and/or home, talk to your supervisor about time-off or relieving some of your duties. Talk to someone, seek help before it is too late.

Everyone experiences stress; it is a normal part of living. Handled well, it can be a friend, but if not handled well, it can be an enemy.

The Community Mental Health Center offers further counseling for stress related problems. We hope that stress will be your friend and not your enemy.

