

Newest 'Y' program

# Beating stress at home, work



Belle Mar Consulting's Marilyn Belleghem will be holding a series of workshops on stress sponsored by the Georgetown YMCA beginning Nov. 18 and running until Dec. 9. Mrs. Belleghem lives and works in Georgetown and has degrees in psychology and adult education and counselling. The workshops, she stressed in a recent interview with The Herald, are not meant to be sessions of group therapy, but educational forums encouraging participants to deal with stress by themselves, identifying the causes of stress and individual signs of being under pressure.

(Herald photo)

Some people bite their nails, some people scratch their heads, others light up cigarettes, still others start speaking rapidly.

Everyone seems to have a different way of dealing with stress, but distinguishing between the types of tension which grip people daily and becoming conscious of how each of us deals with them may mean the difference between divorce and a more productive life.

The idea behind a unique series of workshops sponsored by the Georgetown YMCA which will begin next month is to teach people to become aware of their own stress "signals" and pinpoint the real reason behind a sudden flare-up of anxiety.

"We want to teach people to recognize when stress starts, to know when the knot in the stomach begins," workshop instructor Marilyn Belleghem told The Herald last week.

"In a typical household scenario, the husband and wife may have a morning dispute apparently because the eggs are overdone or the toast is burnt." However, the argument, Mrs. Belleghem points out, may be the culmination of a number of grievances which have been fomenting for a while.

"It could be reading in bed and not the eggs," she said. Mrs. Belleghem, who has a Bachelor of Arts in psychology and Master of Education

in counselling and adult education, noted that it may be difficult for people to admit they deal with stress badly and enroll in the workshops. She stressed that the workshops aren't group therapy sessions but educational forums, complete with films and recommended reading which will help individuals turn potentially destructive stress into constructive energy.

"We'll be teaching what stress is, how it's created, how people cope with it and how it's affecting you physically," Mrs. Belleghem said. "In other words, how to cope with stress and get more out of life."

Stress comes in a variety of packages. There's the nerve-fraying, on-the-job stress which many people thrive on while others succumb to the physical and mental duress it creates.

Mrs. Belleghem pointed out more long-term stress may be suffered by some housewives: whether staying at home to raise the kids is her ideal of life or something she's doing because she feels she has to.

**HUNGER STRESS**  
"If we didn't have stress, we wouldn't do anything," Mrs. Belleghem said. "We wouldn't pay the bills, or feel the stress of hunger or tired muscles."

In fact, she said, some of us genuinely like stress. "Who wants to sit and have to watch a blank wall? Part of

the workshop will involve learning what stress you like and don't like. For some people, slowing down can be more stressful than maintaining the fast-paced, "race horse" lifestyle to which they have become accustomed. Forced to shift to low gear, highly motivated individuals try to appear "busy for the sake of being busy," having to lie so that they don't reveal their real boredom. This facade provides excellent fuel for stress.

During the last two decades there has been a considerable amount of interest in sex-related stress, Mrs. Belleghem said. There is an enormous amount of peer pressure among teenagers encouraging them to become more sexually aware of themselves. Suddenly, stigmas are attached to morally sound, perfectly healthy life situations like virginity.

Stress isn't something that just affects the home; it affects industry, too, Mrs. Belleghem said. Many businesses lose hundreds of man-

hours from highly qualified employees who are stricken with stress-related diseases like chronic migraine headaches and alcoholism.

And it's that motivation of lost revenue that's spurring many companies to hire personnel administrators who have backgrounds in counselling employees with problems.

The workshops, Mrs. Belleghem said, will teach people to realize their own stress warning signals like brow-mopping and sweaty palms. Individuals may even

learn exercises to do in a quiet and inobtrusive way when they feel stress symptoms.

Dealing with stress means breaking it down into components. As Mrs. Belleghem said, "How many of us take time to see what it is that's driving me nuts?"

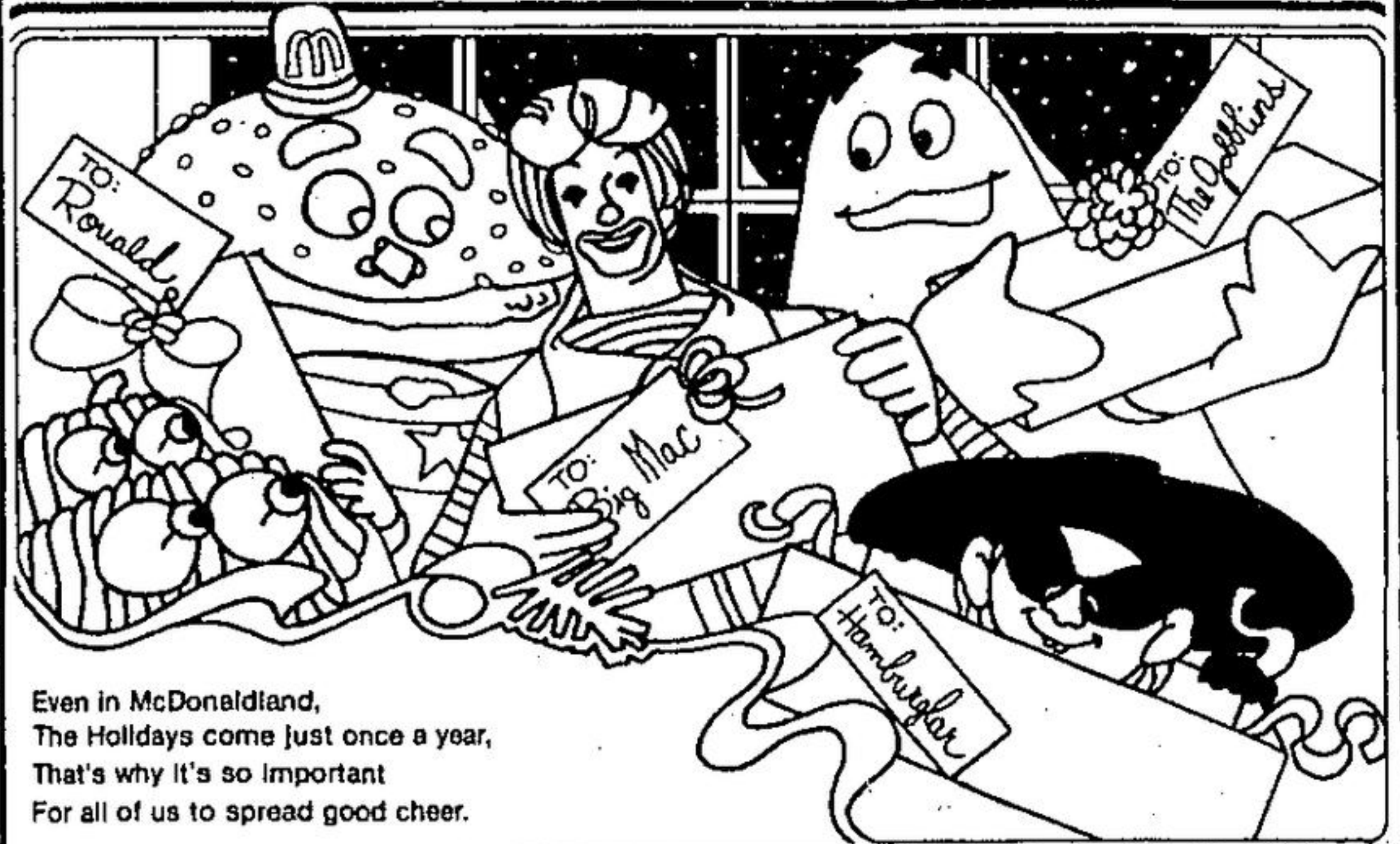
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## Plato on the warpath?

The second in a series of Royal Ontario Museum exhibits has been installed at the Georgetown public library. School visits are being arranged so students can view a display recounting the history of Greek warfare.

## McDonald's Colouring Contest



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<p><b>BRAMALEA BEAUTY</b>... \$62,900... Fully detached 4 bedroom home on a beautifully landscaped lot. Features dining room, tasteful decor, broodroom throughout &amp; much more. Good financing as well. Call John Clark.</p>	<p><b>SUBDIVISION INVESTMENT!</b>... Seventy five percent interest in vacant land that is currently being proposed for an 80-home subdivision right in Georgetown. Call Jim Akers for more details.</p>	<p><b>GEORGETOWN INDUSTRIAL PARK</b>... Over 7,000 sq. ft. of floor space which includes a 2-storey office structure. One 10' and one 14' clearance overhead door. Building approx. 4 years old located on 1/4 acre. Entire structure is 3 feet above ground level which is protection against possible flooding and is a convenience for loading and unloading. Call Jim Akers.</p>	<p><b>REDUCED TO \$48,900...</b> Spacious 3 bedroom home on country lot close to town. Bright, cheery dining room, large living room, freshly decorated plus First Mortgage of \$29,000 at 14 1/2% until 1983. Call John Clark today.</p>

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<p><b>RAYNE SETTING</b> On the edge of town and a custom built 5 bedroom executive home. Spacious entrance and entertainment size living and dining rooms. Rich Maple Hanover kitchen, and main floor family room 14 x 27 with walkout and log burning fireplace. Other line amenities include quality broodroom, central vac. system. Paved drive, 2 car garage. Huge deck across rear of house, plus, plus. Very realistically priced, call today for your appointment. Asking \$179,900.</p>	<p><b>INCOME PROPERTY</b> Two self contained 2 bedroom apartments, in a big brick older home. Prime downtown location. Wait till you see the marvelous yard - 2/5 of an acre. Hurry for this excellent opportunity. Asking only \$75,000.</p>	<p><b>LOVELY CLEAN BUNGALOW</b> With many extra features, finished basement, new roof, patio, mature trees, single paved drive. Call today for your appointment. Be among the first to view this new listing. Asking \$75,900.00.</p>	<p><b>90 ACRE FARM</b> Minutes from town. Excellent workable soil. For further information call 877-3333.</p>
<p><b>75 ACRES</b> Brick home in the heart of horse country. Great possibilities. Asking \$259,000.00.</p>	<p><b>FARM</b> 2 very good homes * huge barn * drive shed * 83 fertile acres of Guelph Loam * Inground pool * sauna * great mortgage till July 85 * close to town * Asking, \$350,000.00.</p>	<p><b>LISTING</b> <b>MARYWOOD MEADOWS</b> Design Award winning home with all the amenities expected in this choice area. Big main floor family room with fireplace and walkout. Two extra washrooms, fully fenced and landscaped garden. Central air conditioning, and very good mortgage. Call for your personal inspection today. Asking only \$119,000.00.</p>	<p><b>HOME AND INDUSTRY</b> Do you need a good home on 1/4 acre, minutes from 401, where the zoning will accommodate your work. Machine shop, upholstery, body shop or most any type of business requiring Industrial Zoning. The 3 bedroom, brick bungalow has big bright windows throughout, fireplace in living room, rec. room, and 2 extra bedrooms downstairs. Call us today for your appointment. Listed \$88,900.00.</p>

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<p><b>REDUCED!</b> The MIGHTY MINI RANCH You would not believe all the goodies packed into this two acre lot. A three stall barn with loft, dog runs and this unique home, featuring 2 fireplaces, 3 baths and 3 walkouts. All for \$127,900. See it with Bette Stokes.</p>	<p><b>ELEGANT LIVING</b> Is yours in this custom built home on large ravine lot. The unique floor plan embodies all the most desired features. The address would look good on you. Get all the details by calling Peggy Bourassa.</p>	<p><b>EXCELLENT STARTER HOME IN ERIN</b> 2 bedroom home on a water front setting. Finished rec room, broodroom throughout. \$49,900. Call Peggy Bourassa.</p>
<p><b>ARE YOU A HANDYMAN?</b> Then this little gem in Rockwood is for you. Priced to reflect the required improvements with exceptionally good terms. Call Rosalie Barker for details.</p>	<p><b>HILLSBURGH LIGHT LOAM</b> 85 acres with barn and drive shed. The new extension on the home incorporates family room with fireplace. A 90' x 20' building includes huge shop and cosy two bedroom apartment for a second family. Asking \$159,000. with financing. Call Bette Stokes and go farming!</p>	<p><b>"RIDING HORSE ROW"</b> A lush 10 acres with some hardwood forest. A rustic all cedar home with vaulted ceilings. Your new lifestyle awaits you 10 minutes from town at \$139,900. with good terms. Call Barb Dunleavy to get started.</p>
<p><b>LET'S TALK HORSES!</b> What a super spread near Snelgrove! Twelve acres with exceptional horse barns and 80' x 60' arena. And this gorgeous home, of course! Call Bette Stokes and let's talk horses!</p>	<p><b>THE FAMILY HOME DELUXE:</b> Three spacious floors, attractively carpeted and decorated. Features like two extra washrooms and central air conditioning assure family comfort. Priced at \$107,600. Call Rosalie Barker for inspection.</p>	<p><b>A CALEDON HIGHLIGHT</b> This proud old farm home, restored here, up-dated there, sits on 10 acres of rich farm land. A huge bank barn and also is included, of course. Located just off Highway 10 near Inglewood. Call Bette Stokes for details.</p>
<p><b>NO TRAINING TRACK</b> But there is lots of room for one on this 32 acre farm. Comes complete with bank barn, attractive hittop home and 800 ft. of frontage on Trafalgar Road. Market priced at \$169,000 - talk possibilities with Bette Stokes.</p>	<p><b>LOCATION! LOCATION! LOCATION!</b> This attractive rancher is located near Steeles Avenue. It features inground pool, completely finished basement. And two fireplaces, with good mortgage available. Check the location with Barb Dunleavy.</p>	<p><b>WAIT NO LONGER!</b> The vendor has just made an excellent mortgage available on this commercially zoned duplex on Main Street. It is opportunity time. Get the details from Bill Ellis.</p>
<p><b>AFTER HOURS:</b> Rosalie Barker 877-4513 Bette Stokes 877-8830 Sue Hamilton 279-8579</p>	<p><b>COUNTRY HOME SITES</b> Hilltop home site: A rugged nine acres of hills and valleys with some trees. Frontage on Trafalgar Road. Asking \$49,900. Explore by calling Bill Ellis.</p>	<p><b>Big Sky Country:</b> A view for miles from this live acres in Erin Township. Sheltered and open sites. Asking \$32,900 - See it with Bette Stokes.</p>

Don Sanderson (613) 633-9105 Cec. Martin 878-8771 Barb. Dunleavy 877-7731 Peggy Bourassa 877-8785