

Eliminating stress means taking charge of your life

By JANET DUVAL

Special to The Independent/Free Press

Stress is big business, according to Sharron Stasuik, speaker at Centennial School's monthly Parenting Today in Our Community meeting.

Head of Special Education at General Brock High School in Burlington, Stasuik gives stress workshops to groups all over southern Ontario.

Next time you're in the variety store, she says, buying lottery tickets to take yourself away from it all, check out the magazine racks. Stress is on every cover.

She brandished articles on pet stress, tree stress, vacation stress, and stress among mall Santas. "It even says here that chicken can't cope with the rat race."

In a presentation that modeled humor as a good way to relieve stress, Stasuik kept her audience laughing as she talked about all the stressors in our lives, from traffic jams and the daily news, to the one bathroom

the whole family has to share with teenagers.

Stress is anything that triggers the body's response mechanism: creaks in a quiet house, criticism from a colleague, paying your bills.

All of us react differently. "I have three delightful, delicate little butterflies in my stomach" says Stasuik. "Under stress, they get together and become a fleet of helicopters grinding away at my insides."

If our bodies have to respond to stress too often, physical things start to happen. We may experience migraines, heart problems, or depression.

"Then one day, you wake up and realize that flu from every country in the world has hit your body. You don't want to make lunches today, you don't want to go to work, your mother-in-law is coming for supper, and she doesn't like anything you cook or order in."

It's time to take charge of your life. You can't be everything to everybody. You, Stasuik emphasizes, are in control of



SHARRON STASUIK

your own life.

The key, she says, is to know yourself, what situations you're good in, what pushes your buttons, which stresses you thrive

on and which you should avoid.

"Choose your own goals, not anyone else's. Don't let anyone lay guilt on you: your kids, your mate, or your mother. And don't say yes to things that make you uncomfortable."

Someone once divided people into race horses and turtles. A self-described race horse, Stasuik couldn't understand why her "turtle" husband wasn't bouncing out of bed at 6:17 every morning.

"Oh, did I wake you?" she'd yell over the vacuum. Now she understands — there's nothing wrong with being a race horse or a turtle.

A second key strategy is communication. At certain times in the year, perhaps Christmas, or when work is piling up, sit the family down and tell them, "For the next while I may be a little snappy. It's not your fault."

The next time your child misbehaves, step back and look at the whole child. The problem may relate to stress in their lives — the courses they have to

take, the marks they need, the future they look towards and don't see. Don't make assumptions about others' thoughts or actions. Talk to them.

Family comes first, no matter what job you do. Every month, Stasuik draws an X through one page in her date book. "Barring death or emergency, no one gets to our family during that time."

Diet, relaxation time, and exercise all matter too. "You absolutely must exercise" says Stasuik, "but it has to be something that suits you, not what your friends are doing."

If Christmas causes you a lot of stress, change it. "I don't have time in December. August is my slow month, so that's when I get out the music and the tree, and wrap all my presents. My family thinks it's hilarious, but then I can enjoy December."

Hans Selye said that the man without stress is dead.

"I don't want to beat stress" says Stasuik. "I want to cope with it."

Ask The Professionals

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Donna Rae has been a member of the Re/max team since 1988. Donna and her family live in Georgetown with close ties to the Erin area. Over the past 5 years Donna has made friends with a number of satisfied clients in Halton Hills. Their satisfaction comes from dealing with an experienced agent who cares.

Q: When buying a home in the country how can you be sure that the well has plenty of water?

A: In the agreement to purchase you should request a Flow Rate of the well by a qualified well driller. Usually 3 gallons per minute would be a sufficient supply. The well driller spends about one hour testing the well and a report will be filled out and supplied to you.

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Q: What is the first steps in planning an addition to a home?

A: Be sure you are planning to stay in this home for a while, it could take some time to recover the cost of the addition if you decide to sell. Make preliminary sketches of what you would like. Check with your local building inspector to see if your proposed addition meets the building code and inquire about permits. If your proposed addition meets zoning requirements finalize your idea and proceed to the next step - drawing your plans.

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BONNIE BRUNTON


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Bonnie Brunton has been a life long resident of Georgetown. In 1987 she opened Raves for hair care in the Normandy Plaza. Bonnie and her staff of Angela, Nicole and Erica provide hair care to a wide variety of clients. They are often called upon for their expertise in hair styling for fashion shows and other local events.


Q: How do I choose a hair stylist?

A: It is important to have someone who will listen to what you want, someone you can trust and who knows what they are doing. It is also important to choose a beauty shop that makes you feel comfortable. Atmosphere, location and communication are important considerations to many clients.

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Robert G. Breton has been involved in the moving industry for the past 28 years. During the last 5 of these he has been head of the family team of Breton Moving and Storage. The moving business draws clients from everywhere but in Halton Hills Breton Moving is the one to call.

Q: How far in advance should I book my move?

A: There is no minimum nor maximum amount of time required. As much notice as possible is suggested to ensure you are able to retain the services of a professional mover, one with experienced personnel and proper equipment, to help make your move as stress-free as possible. Prime periods for moving include Fridays, mid-month, and end of the month. Avoiding these times, if possible, is recommended. Regardless, a professional mover will confirm your moving arrangements in writing.

**DANIEL VARANELLI
CERTIFIED GENERAL
ACCOUNTANT**

76 Young Street, Acton
853-4311


DANIEL VARANELLI


Daniel Varanelli, Certified General Accountant has been serving the Halton Hills area for the past three years. In 1992 he opened his office at 76 Young Street in Acton. He is further involved in the local community as the Secretary Treasurer of the Acton Agricultural Society.

Q: How will changes to Revenue Canada's definition of "spouse" effect common law couples?

A: Starting January 1, 1993, a spouse is considered to be any person of the opposite sex who cohabits with the taxpayer in a married relationship throughout a 12 month period or less if both individuals are the parents of a child. For income tax purposes this expanded definition will now give common law couples the same rights and obligations as legally married couples. Next week I will list some of the advantages and disadvantages this change will have on common law spouses.

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Q: Where do I start in choosing the right color?

A: A question often heard in our store! Whether you're starting with a new room or redoing an old room from scratch, you need to choose a pattern. This may be your furniture, wallpaper or curtains. From here pick approx. 3 colors (any more than 3 will make it harder to decorate around). Your first or main color will be the one you see most of, keep in mind if you choose a predominant color in your wallpaper, curtain or sofa, you'll lose some of the emphasis of that pattern in your room. Your 2nd color or secondary color will not be used as much as the main color, but will give balance to the room. (e.g. wing chair, area rug). Your 3rd color is usually the accent color. You see little of it, so a dark one is a good choice. Once you've determined your main, secondary & accent colors, you can have fun with them by using different values of these colors (e.g. darker or lighter). Have fun and have confidence in yourself!

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