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DR. ELAYNE TANNER
Registered Social Worker

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www.DrElayneTanner.com

Q: Back to school is supposed to be an exciting time of new beginnings. But it is a time of high anxiety in my family. Is this unusual? Can it be managed?

A: It is not at all unusual. I see many people at this time of year for the same reasons. Students, parents and even teachers often find this to be a very stressful time of year. Many students were stressed through the school year but forgot about their concerns over the summer and hoped they would go away. Of course many parents are stressed at home and in their workplace, wanting their children to be happy and successful while attempting to balance home and work. Teachers are also feeling the high levels of stress as they set up classrooms, attempt to adapt to new criteria, and learn new programs. The demands of the school, including the larger class sizes and fewer resources are contributing to anxiety in both teachers and students.

Anxiety, however, is something that is very responsive to cognitive behavioural therapy (CBT) in both adults and children. There are a number of relaxation techniques that are very easy to learn and effective and talk therapy helps children learn to deal effectively with things such as bullying as well as with the additional stresses that come with each higher grade.

Whether you are a parent, a student, a teacher or any individual who is experiencing difficulty containing your anxiety, you do not need to struggle any longer. I can teach you easily managed techniques that will make your life much more satisfying. The longer anxiety is ignored, the more heightened it becomes. Do not wait until you or your child is debilitated by anxiety. The sooner it is dealt with, the easier it is to manage. Learn to welcome the fall school season with the positive excitement of new beginnings that you desire.

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Zachary Fiddes
B.ENG., O.L.S. President

Q: I'm selling my house and I am being told I should have a survey of my property available. Why? What do I do?

A: The purpose of a survey is to provide the prospective owners with information about the property including the size and shape and any improvements made within the limits— paying particular attention to improvements built near the boundary such as fences, sheds, and easements that may affect the use of the land.

A new survey is the only way to guarantee the status and existing conditions of a property and, therefore, is the only way purchasers can know what they're buying. Old surveys are sometimes used but beware as they may not include building additions, new road widenings, severances, and any other changes that may have occurred on the property.

If you're planning on selling your property in the next six months or so, get a head start and have your property surveyed now! Depending on the size and age of the property, new surveys can take a few weeks so it's best to have it done early so that closing dates aren't missed.

As a licensed Ontario Land Surveyor I will be happy to discuss your particular situation with you and help you determine if a survey of your property is recommended for your needs.