

'ALTER' YOUR STRESS MANAGEMENT STRATEGY

HERE ARE SOME CHANGES YOU CAN TRY TO MAKE THINGS MORE MANAGEABLE, WRITES MELANIE MCGREGOR



MELANIE MCGREGOR
Column

In my last column, I talked about the "Triple A" formula for managing stress — which stands for Avoid, Alter, and Accept — and reviewed some ways that we can avoid things that tax our coping abilities.

Now, let's think about the "Alter" possibilities.

There are always going to be stressful things that we can't avoid and need to deal with, but we don't always have to deal with them as-is.

Instead, we can think about altering them — changing something to make them a little more manageable.

As discussed with "Avoid," it starts with giving ourselves permission to do what we need to do without feeling like we need to do it all.

Consider the following tips for how we may be able to alter stressors:

- Communicate, communicate, communicate. Ask yourself what you

need or need to know to manage better. It could be requesting more information from someone who assigned you a task, asking someone to pitch in, or even just talking about finding the task stressful. Either way, speaking up and listening can go a long way.

- Manage your time. Time management isn't about doing more in the same amount of time — it's about doing different things or doing things differently. Be selective about how you spend your valuable time and focus on priorities first. Altering a stressor may mean simply rescheduling until other priorities are taken care of and you have more energy to put towards it.

- Get organized. Taking a step back to plan often falls by the wayside when we feel maxed out and just want to get things done. But, taking even a few minutes to consider a schedule or make a list can help make things more manageable. It can also improve your focus and help you feel more present when you can direct your attention to a single task.

- Simplify. In the past, Good old "KISS" — "keep it simple, sweetie" — can make a lot of sense!

Tune in to the next column for the final A.

Melanie McGregor is the communications and advancement specialist at the Canadian Mental Health Association Halton Region Branch. Visit www.halton.cmha.ca for more information and follow @cmhahalton on Twitter.

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SNAPSHOT



Tony Fortunato photo

A grape jelly thief is caught red-handed in a local backyard. Do you have a great local photo you'd like to share? Send it to sleblanc@metroland.com, along with a brief description.

HELP SHAPE THE GROWTH OF YOUR COMMUNITY

MAKE SURE YOUR VOICE IS HEARD REGARDING THE FUTURE OF HALTON, WRITES GARY CARR



GARY CARR
Column

Halton is one of the fastest-growing communities in Canada, It is a place that so many want to call home.

One of the ways that Halton Region ensures we can balance the pace of growth with a sustainable future is maintaining a Regional Official Plan.

As more families and businesses choose Halton

to live and work, we are reviewing our Regional Official Plan to ensure it continues to meet the needs of our community today and in the years ahead.

Reviewing the plan also ensures we are aligned with provincial policies and remain responsive to current social, economic and demographic conditions.

Here are the five areas that are currently under review:

- Natural Heritage
- Rural and Agricultural System
- Climate Change
- North Aldershot Planning Area
- Regional Urban Structure

Help shape your community. Get involved and have your say.

There are many ways to learn more about the review and share your feedback:

- visit our new webpages and read discussion papers which have more detailed

information on each area under review;

- attend a virtual Public Information Centre (PIC), being held between Sept. 3 and 17. You can participate online or by phone, and the event will include a presentation and a question and answer period on the five areas; and/or

- take one or more of our online questionnaires by Sept. 28. You can complete all or the ones which are of most interest to you.

Please visit halton.ca/ropr or, email ropr@halton.ca or call 311 to learn more about the review process, submit questions and request presentation materials in advance of a PIC, complete an online questionnaire in an alternative format or sign up to receive updates on the review process by email.

Thank you for participation in our Regional Official Plan Review (ROPR).

Through your feedback, you can help shape the growth of our community.

Gary Carr is regional chair of Halton Region. To contact him, email gary.carr@halton.ca.

ABOUT US

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Web: www.mediacouncil.ca



newsroom@theifp.ca
IndependentAndFreePress
@IFP_11

WHO WE ARE

- Publisher**
Kelly Montague
- Regional Managing Editor**
Catherine O'Hara
- Managing Editor**
Karen Miceli
- Distribution Representative**
Iouliana Polar
- Real Estate**
Kristie Pells
- Regional Production Manager**
Manuel Garcia
- Halton Media General Manager**
Jason Pehora

CONTACT US

The Independent & Free Press
280 Guelph Street, Unit 77
Georgetown, ON L7G 4B1
Phone: 905-873-0301
Classifieds: 1-800-263-6480
Fax: 905-873-0398

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