



"You're under arrest"

About 50 students graduated from the Ballantrae Public School Values, Influences and Peers program taught by York Region PC Chris Bullen. Students put on skits prior to receiving their diplomas. Here, police officers Joey Kunig and Chris Tucker arrest Vanessa Kroon (hairband) and Dana Devore for vandalism as storekeeper Kristy Gibson (centre) looks on. The VIP program is taught by police officers in schools to prepare students for the peer pressures they face as pre-teens and teenagers.

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Lighten your load

Worrying can be useful - such as when it motivates you to finish a project. But constantly fretting over problems isn't healthy. Here are some ways to help you tighten up and keep your worries under control:

1. Write about it. Jot down every possible scenario and rank them in order of likelihood. Discard the bottom third and plan how you would handle the rest. Thinking through a problem this way gives you perspective.

2. Work it out! Physical activity helps release tension. A vigorous house cleaning or a long walk can help take the edge off your worry. It can also give you a sense of accomplishment and help you feel up to handling the problem.

3. Talk it through. Talking to a friend about your worries can help you discover their causes. You may also learn that others have had the same concerns and fears.

Stress Busting by cycle

Dr. Katia Tonkin of the London Regional Cancer Centre chooses biking as a form of exercise and relaxation, but above all as a way of combatting stress. Dr. Tonkin cycles to work every day, come rain or shine. She cites four pointers which aid in the success of relieving stress while biking:

1. Listening to music which suits the mood she's in each day. (Not too loud, though! You don't want to interfere with safe cycling!)

2. The duration of her ride is 20 minutes each way - not too much at the end of each day, but just long enough to unwind.

3. Saying Baha'i prayers out loud as a form of spiritual connection.

4. Showering on arrival at work. Says Dr. Tonkin: "It's a simple, cheap, environmentally sound and cost effective form of exercise and relaxation, and I highly recommend it!"

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