

Important to separate work from family

In a stressful job, it is important to separate work from family. You should like your job and love your family," said Kristin Martin, the

business manager at North Pointe Chevrolet Oldsmobile in Markham. "When you have that in perspective, it makes for a rewarding career and a happy family."

Martin, who will be at North Pointe's booth at the North Toronto Woman's Show February 7 and 8, has been in the car business for five years and a business manager since November. She said her job is stressful because she arranges financing for people who are purchasing vehicles, provides information about warranties, insurance and chemical protection as well as keeping records of all the vehicles

that leave the dealership. Martin said treating yourself to something new, whether it is an outfit or a new book, is a good way to relieve stress.

She also said she avoids answering the phone on her day off and keeps Sundays reserved for her family.

"Everybody gets individual time." She said she also tries to go out for dinner once in a while.

Martin is a member of a racquet ball club in her hometown, but said it's often hard to get away for the two hours it takes to play.

She said finding new ways to relieve stress is important.



Kristin Martin

Important to find other ways to deal with stress

It is important for women to find alternative ways to relieve stress.

There are a lot of different alternatives that women don't know about, said Carol Ann Jones, a sales person for North Pointe Chevrolet Oldsmobile in Markham. Jones, a former nurse and a single mother, uses aromatherapy to relieve stress.



Carol Ann Jones

for years. A friend of mine was doing it and suggested I try it. I find it really helps and it is so much more beneficial and it's not addictive.

The newest sales person on the North Pointe staff said she also spends time with her family to relieve the stress of her high-pressure job.

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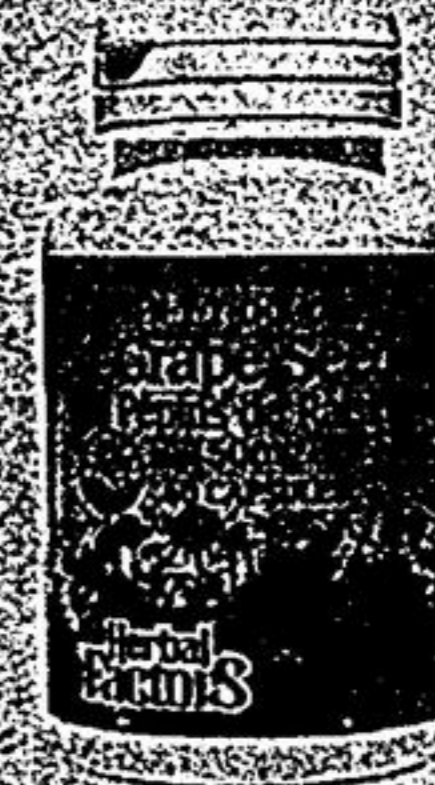
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