

# NEWS & OPINION

## Here's How to Deal with Stress

By Jessica Autumnne Smith  
Decree Staff Writer

It seems the semester has only just begun, and already my brain is fried. I usually enjoy a challenge, but conquering this semester seemed on the far side of impossible. There is just too much to do. Papers, quizzes, essays, tests, reading in every single class – there is so much to read... At times, it's overwhelming. However, a recent Reader's Digest article offered some very helpful suggestions on how to deal with and control stress. I've summarized and reduced the list to those tips that I personally found to be most beneficial.

First, and most importantly, get organized. Keep books, notebooks, and stuff for classes together in the same place. Also, it helps to write everything down. I have to keep three separate calendars just to know when and where I have to do what. One calendar is reserved for especially important due dates, papers, tests,

and such; another keeps track of all the daily assignments for every class. Finally, I have a personal calendar for dentist appointments and the like, and major events I don't want to miss, like the recent Monster Jam Truck Rally and the season premieres of some of my favorite shows, such as "LOST."

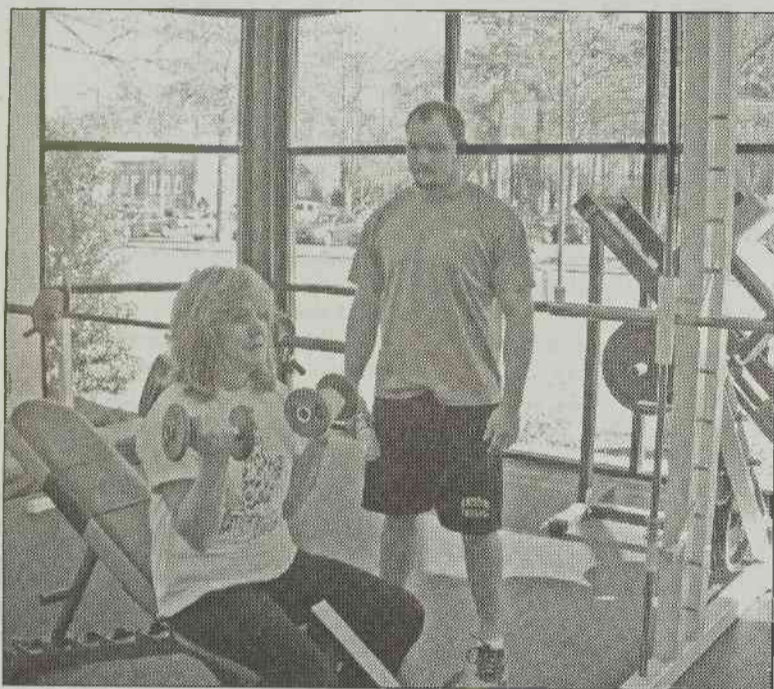
Being a commuter, I am always pressed for time in the mornings; I have an eight o'clock class every day of the week. I usually get my books and such together the night before. A few minutes of preparation saves a lot of last minute headache.

Second, it is important to make realistic goals. No one makes A+'s all the time, on every assignment, in every class. It is not humanly possible to achieve perfection. I find that when you can't do it all, do the best at what you can. (Also, with this mindset I actually spend more time working than worrying about working, and as a result get most of what I need to done.)

Another tip I found especially helpful: Slow down. Go for a walk. Watch a half hour of TV. Do something to relax. Take just a few minutes every day to get away from it all. Make "me-time" a priority. Remember, even God rested on the seventh day; it's okay to take a short break every now and again.

Lastly, take care of yourself. Plan far enough ahead so that you can avoid an all-nighter. Forfeiting sleep not only increases stress and makes a person irritable, it may increase your chance of catching the cold and flu viruses.

Face it, stress is a part of life, but there are ways to deal with it. Only when it gets out of hand can it become a problem. Hopefully, these few suggestions will be as helpful to you as they were to me. Just keep on keeping on and remember that May will be here soon; time is not allowed to stop.



Brian Binkley coaches Writing Lab Director Dr. Marlene Szymona through a set of curls.

### EXERCISE from pg 1

Samuel "Bo" Brown trains music instructor Gene Heavner, who believes the program is a tremendous health benefit for working at NC Wesleyan. Heavner said he gets three hours of free training a week as well as the motivation to get to the gym.

Dr. Stubblefield plans to improve endurance and keep his heart strong. And he hopes to perform better on his stress test than he did the first time. While working with Spivey, Dr. Stubblefield has noticed he has slept better, has more energy and an improved immune system and a smaller waist.

Agar gives credit to the exercise program for her increased energy and overall feeling of well-being. She added that she feels stronger and that the program helps with her stress level.

As a result of his renewed commitment to fitness—besides his regular workouts with Brown, Heavner often walks back and forth to work—he has lost an average of one pound a week and sees a difference in the mirror.

Faculty and staff have been impressed by the student trainers. Dr. Stubblefield lauded the students for their organization and knowledge. "It's really helped me," he said.

Agar said the students are just as professional as trainers she has hired in the past. She added "I like getting to know the students. When we're working out, we're talking."

Heavner echoed Agar's comments, saying that he likes "hanging out with the students."

Spivey had enjoyed the experience, though she admitted to concerns at the beginning. "At first I was intimidated and nervous, but after meeting with my clients, that feeling went away." She feels that the faculty and staff treat her as a trainer when she works with them, not a student. "The first time a professor asked me a question (about proper exercise techniques) I was caught off guard, because I'm used to the students asking the teacher questions."



Close to 100 students came to the Hartness Center in early February to watch the Colts defeat the Bears in the Super Bowl while partaking of free pizza and soft drinks. The event was organized by the Fellowship of Christian Athletes, Refuge, Sisters of Distinction, and the Student African-American Brotherhood.

### CINEMA from pg 1

**A:** Previous experience is not necessary. Our techie, Stuart Briscar, trains the newbies.

**Q:** Tell me about your current projects.

**A:** One of our main projects is to film the baseball team, one of the top teams in the country. We hope to follow the team all the way to the championships. We're not just filming games, but we're trying to delve deeper by documenting the player's life outside of baseball, in the dorms, classrooms, etc.

We're working with other student organizations as well. For example, we've got plans to film an upcoming fashion show produced by Sisters of Distinction. We encourage student organizations to

contact us with ideas for filming their group's events.

I should add that the Cinematography Club intends to submit its work for possible use in the new DVD yearbook that the college is developing.

**Q:** What will the club be doing in the future?

**A:** As we get more experience and upgrade our equipment, we

hope to expand and do different types of film work. We're looking at all sorts of applications. For example, we might produce educational films, like tutoring sessions at the writing lab, or workout videos by the student-personal trainers in Exercise Science. I can see us making short films and music videos. Who knows, some day, we might even get Wesleyan TV channel.

**Note:** The Cinematography Club meets Thursdays at 8 p.m. at the loft in the Hartness Center. It welcomes new members.



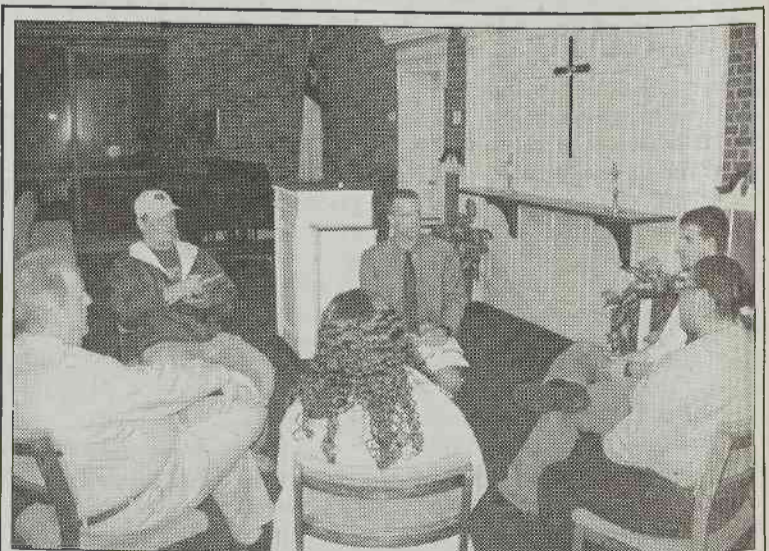
Tiffane Bustos is president of NCWC's new Cinematography Club.

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Associate Dean Dr. Jay Stubblefield (center) was a guest at a recent meeting of Refuge. The NCWC group meets most Tuesdays, to read and discuss the Bible and share fellowship. Earlier in the semester, Refuge and Chaplain Barry Drum organized a successful winter revival with special guest Rev. Gilliard of Word Tabernacle Church in Rocky Mount, and co-sponsored a Super Bowl party at the Hartness Center, organization President Joshua Cain reports.

## THE DECREE

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