

Coping

You Can Overcome Stress

By Dr. Charles W. Faulkner

*Author's Note: The column that was promised to you, "Your Guided Fantasy" is a lengthy narrative that will require breaking it into four columns. But because I want to you to have the entire narrative at one time, I would like to mail it to you in its entirety. If you would send a self-addressed, stamped envelope to me at P.O. Box 50016, Washington, DC 20004, I will send the column to you immediately.*

Thank You, Dr. Charles Faulkner

Although everyone has stress, it is not necessary to allow it to become distress and make life unbearable.

Your leisure time could be the most productive and enjoyable time of your life. Does doing nothing cause you to feel guilty? Accept the fact that you have but one life — you are a mortal being. As difficult as it may be to accept, you are not indispensable.

Eventually, someone will replace you there, get the most out of your life. Enjoy yourself — have fun — really, really enjoy yourself. You may feel that you cannot take a moment away from your endeavors until you achieve your much wanted goals. You may, however, find the goal evasive and costly. An overly burdensome approach to your vocation or your problems could result in loss of your health and, in turn, a loss of family, friends and loved ones. Is it really worth the price?

You do not have to be wealthy in order to relax. Your mind is your wonderful escape mechanism and you owe it to yourself to use it as such. Daydream. Let your mind wander. Use creative fantasies and wonderful visual imagery.

When a problem occurs, fantasize, first, about something that you would really enjoy doing: vacationing, walking along a quiet trail in the forest, going to a beautiful party, graduating from school, attending your son's/daughter's graduation or simply being with a long lost friend. The list is endless.

After you have enveloped yourself in fantasy, then, and only then, should you tackle the problem. At this time you will be relaxed, in control of your emotions and able to think sharply and clearly. Does your job bore you? Fantasize the boredom away. Constructive fantasizing is considered to be one of the most wonderful and effective means of relaxing. It may save your life.

Here is additional advice to help you to cope with boredom and stress:

1. Realize that your job is not stressful. School is not stressful. The truth is that you are stressful. When you attribute stress to your endeavor, you are overlooking your magnificent ability to be in con-

South Africa Recruits Polish Workers

[AN] South Africa is actively recruiting skilled Polish workers to fill the skilled manpower gap left by a failure to train and promote black workers in sufficient numbers. By late December, according to Minister of Internal Affairs Chris Heunis, at least 400 Polish immigrants had arrived or were in transit to South Africa, while another 1,000 had been approved after applying to the recruiting teams Pretoria has stationed in Austria. Recruiters offer to help defray the costs of travel and sometimes offer other benefits as well.

South African interviewers select those Polish refugees with particular skills for employment in South Africa. Shortages identified by South African economists include such jobs as 5,600 bricklayers, pipefitters and others for the construction industry, still unfilled in spite of a migration of some 40,000 white immigrants last year alone.

control of your own emotions. Have you ever wondered why other people are calm while you are under stress in practically the same situations?  
 2. Understand no one is perfect. Everyone has at some time experienced failure. When you do your job to the best of your ability, relax. When you fail in an endeavor, pick up the pieces and continue to move ahead — learn from the failure but leave it behind you.  
 3. Use your creativity. Write about all of the

good experiences that have occurred in your life. Use your past, positive memories to catapult you to happiness. Write a poem. Let your mind soar as you create concepts and images, don't be concerned about the writing style. Just get it out of your system. Enjoy your own ideas.

4. Change your job. Today, many people are out of work. Yet, this situation which appears drastic and destructive could be the start of a new, wonderful, enjoyable career. Many successful people have used an apparently unfortunate occurrence as a job loss to stimulate them to success in a new, challenging endeavor. Yes, you would survive such a situation and, probably be happier than you can imagine.

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Plain Talk About The Law  
 Legal Rights of  
 Mental Patients  
 By North State Legal Services

If someone you know believes you to be dangerous to yourself or others because you are mentally ill, mentally retarded, extremely alcoholic, or a drug addict, (s)he may be able to have you put in a mental hospital. To do so, this person must first convince the Clerk of Court or a Magistrate of the need for you to be in the hospital. Then, the Clerk or Magistrate issues a Custody Order.

Within 24 hours of the issuance of a Custody Order, the police will pick you up to take you to a doctor for an examination. If the doctor decides you need to be in a hospital, you should get a court hearing within ten days. You will usually be hospitalized until the hearing is held.

After the hearing, the court can put you into a mental hospital for a period of up to ninety days if you meet one of these three tests:

- 1) You are mentally ill and dangerous to yourself and others;
- 2) You are an extreme alcoholic or drug addict and dangerous to yourself and others; or
- 3) You are mentally retarded and have some behavior disorder which makes you dangerous to others.

You have certain rights at the hearing, which include:

- The right to have a lawyer (either your own or one provided by the Court);
- The right to go to the hearing;
- The right to speak for yourself;
- The right to challenge what is said about you;
- The right to have the hearing at the hospital or in your home county, whichever you wish; and
- The right to have the hearing closed to the public.

While you are in a mental hospital, you have the same rights as all citizens, such as:

- The right to see your own doctor and/or lawyers;
- The right to refuse electro-shock therapy, experimental drugs or surgery; and
- The right to your civil rights (for example, the right to vote or to make a will).

Your doctor can limit some of your rights if (s)he thinks your rights

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