



CAROLE'S CORNER



Amount Of Stress Can Vary According To Nature Of Job

Dear Carole:

Everything about my job is stressful but I can't simply change jobs.

I think I can put up with what goes on around here if I could figure out what I may be doing. Could I be making my job more stressful than it has to be? Can you give me some tips to help me feel less stress on my job?

Lennie

Dear Lennie:

You haven't said what type of job you have.

The amount of stress can vary according to the nature of the job. You are correct in considering that your attitude and work habits may also be a source of stress for you.

Here are a few job-related stress management suggestions to try:

1. Begin your day with a nutritious breakfast (after a good night's sleep).
2. Organize your work by setting priorities.
3. Limit your caffeine intake.
4. Make and act on a "to do" list to avoid overburdening your memory.
5. Restrict telephone calls and other interruptions.
6. Form co-worker support relationships with people you trust and like.
7. Take break times and lunch time.
8. Be appropriately assertive.
9. Don't work endlessly; long hours of work can be non-productive.
10. Balance your life and time with activities for fun; be with people who care about you:

family and friends.

Carole

Dear Carole:

Our nine year old son has been called a slow learner.

Teachers and other professionals have told us this. They say that he is not really retarded. There are many things he can learn but he will only be able to go just so far in school. He is in a special class and he's doing all right.

What can we do at home to be sure he's learning as much or whatever he can learn?

W.W.

Dear W.W.:

The interest and support you show will help you to work with your son. Build his vocabulary by reading to him and with him. Read everything: food labels, billboards, comic books, everything.

Encourage him to listen to music and stories on tape or record players. Increase his social skills by allowing him to be with other children. Stimulate his curiosity about the world around him. Take him to the zoo, the library, the park, etc.

Have patience with him as he learns from you and from his surroundings.

Carole

...Editor's Note: Carole B. Ricks, A.C.S.W., is a marriage and family therapist with a private practice in Charlotte, N.C. If you have personal, parent-child, or marriage problems, write to:

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Crossword, Jigsaw Puzzle Tournaments Scheduled

Are you addicted to crossword puzzles? Or jigsaw puzzles? Maybe backgammon or chess or checkers is your obsession.

If so, you have a chance to see how you stack up with other local fans at a series of tournaments at Central Piedmont Community College.

As part of its Campus Circus on Saturday, May 11, CPCC will conduct competitions to determine area champions. Ribbons, medallions, and bragging rights await the top three finishers in each event.

The crossword puzzle contest begins in Pease Auditorium at 10 a.m. Rules governing the U.S. Open Crossword Puzzle Competition will apply. The crossword contest will be followed at noon in Pease by a Jumbles contest, with entrants racing to unscramble words.

In Taylor Hall, a speed

chess tournament begins at 10 a.m. Contestants also have a chance to play against a chess computer and to challenge a local nine year old chess whiz.

At 11 a.m., a checkers tournament begins in Taylor Hall and backgammon starts there at noon. Singles and doubles team jigsaw puzzles competitions begin at 1 p.m. in Taylor Hall.

Registration is free for all events, but registration forms must be completed and returned in advance as seating is limited.

Contestants may enter more than one event and should bring their own boards for chess, checkers, and backgammon. To receive a registration form, pick one up at a CPCC area learning center, at the campus admissions-information desk, or call 373-6666.

Other events at the

Campus Circus include a 3.1-mile road race through Charlotte's Elizabeth neighborhood, a WBT Trivia Contest; rock and Top 40 bands; storytelling for children; invitational competitions in billiards and ping-pong; fencing, karate and gymnastics exhibitions; a bake-off; and entertainment by clowns, a jugglers, a mime, a wandering musician, a puppeteer, dancers, pianists,

Scottish Country Dance and CPCC's world champion Flute Band.

CPCC is located on Elizabeth Avenue between Kings Drive and Independence Blvd.

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The Charlotte Post

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