

## Coping with Stress

Dottie Hayes  
The Pendulum

**J**oan, not her real name, wakes up at six a.m. to get ready for classes. She rolls over, dreading the day. Joan knows by the end of the day she will be exhausted and will feel pulled in too many directions at once.

She wonders how she will get everything done. "Is there anyone who can help me sort out my feelings?" she wonders.

The BE WELL facilitators are a group of 11 students devoted to dealing with wellness topics, one of which is stress. The Wellness Resource Center is open in 101 Long Student Center. \$3,000 to \$5,000 has been spent on wellness videos, games, books and other materials, according to Bob Pelley, coordinator of counseling and assistant in coordinating wellness programs on campus.

Other stress management services available include a course taught by Dr. Mike Calhoun in the physical education department, High Level Wellness.

Members of the counseling staff are Ruth Pugh, Jana Lynn Fields Patterson, David Atkins, Gina Brewer and Bob Pelley. Appointments can be made through the Student Affairs office at x 2218.

Secretary for student affairs Priscilla Schlabach is a certified, licensed muscle therapist. Her services are provided at Donna's Slender You on 537 Huffman Mill Road in Burlington. One hour of therapy is \$30. For more information call 584-6849.

Resident Assistants are trained in stress and time management. They also inven-

tory residents to find topics of interest for programs. Six programs are offered per year, according to Pelley, and research is done to compare Elon students to national data.

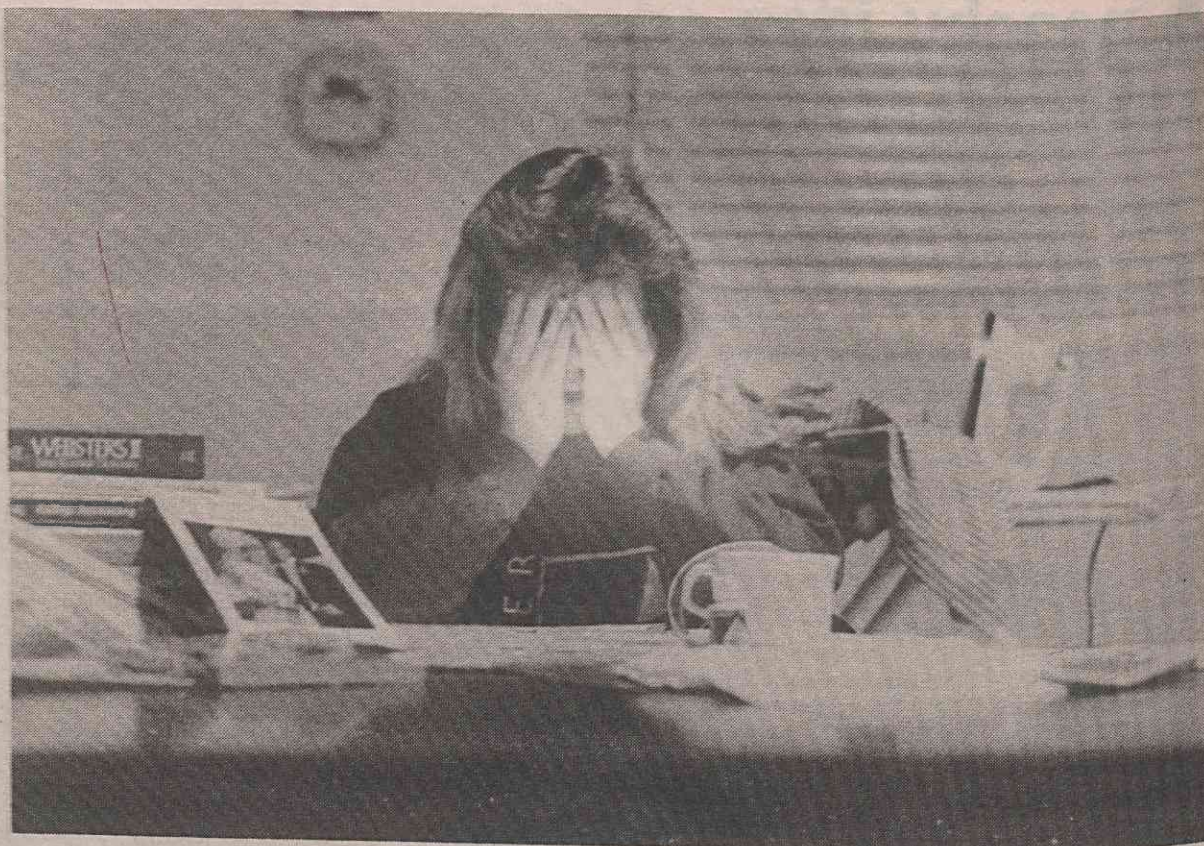
Pelley says exercise is a great way to reduce stress. With this in mind, the former Chandler Multi-purpose Room has become the Wellness Center. The room houses a high-quality weight (Hoist) machine and two stationary bicycles.

In response to female students' concerns, special women's hours are offered. Women's hours are Monday from 8:30-10:30 p.m. and Wednesday from 8:30 a.m.-4 p.m. Some students found the Jordan gym weight room to be cramped; the room is not large enough to accommodate many students.

Another organization dedicated to wellness is the Century Fitness Club, which is 100 members strong. A newsletter goes out two to three times per semester. In fall term they held a noncompetitive run at Duke Forest in Durham. ARA supported them with free juice and muffins.

Pelley advises students to stay in excellent health and to use time wisely to remain clear thinking. "Be wary of alcohol. It messes with your memory and it's fattening," Pelley said.

Pelley also says it is important to be aware of your personality type. "Stress becomes unhealthy when it does not match your lifestyle," Pelley said. "Some people are slow and methodical like a tortoise, some are comfortable to sprint and rest like jack rabbits and there are thoroughbreds who run a good pace all the time." Jack rabbits can get stressed out when faced



Students feel pressure from schoolwork, family responsibilities, relationships and work. Dottie Hayes / The Pendulum

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with final exams when long hours of study are needed.

Some stressors are physical, such as a high caffeine and sugar intake, which causes hyperglycemia, elevated blood sugar. When the effects of the sugar wear off, the sugar level plummets, producing a craving for more sugar. Mood swings result. "Relieving the body of sugar and caffeine will level out stress," Pelley said. "Anger, running around and lack of concentration are contributed to diet."

Eating, sleeping and exercising in balanced amounts is the key to maintaining health, but there are times when other factors create stress. Relationships with families and intimate relationships can be painful during transitional times, such as college.

"Folks move into intimate relationships and a level of commitment they are not always ready for — backing up is the hardest to deal with," said Rev. Richard McBride, the college chaplain.

Ruth Pugh, part-time counselor, works 20 hours a week with students and faculty. She sees a variety of people who have suffered a loss, either a death or the loss of a relationship. She counsels individuals as well as students.

She helps students with parental problems, chemical dependency problems and eating disorders. Frequently, she sees victims of emotional, physical and sexual abuse. Pugh said victims might not seek help directly after the incident.

The healing process is similar to the grieving process, and after time has passed he or she might feel traumatized. "If you feel you need to talk to someone, make use of the resources. There is no reason to sit in pain," Pugh said.

Women tend to seek help more often than men. "Women are overrepresented statistically. To my surprise, I do see a lot of men. I'm glad to see men allow themselves to come in," Pugh said.

Pugh said she enjoys seeing

couples. She also counsels on family issues. "People learn patterns of behavior," Pugh said. These patterns affect current relationships.

McBride said, "This is the first year we have had someone who's principal assignment is counselor. This is significant, and we want to continue to the point we have a full-time counselor." McBride also wants to see more faculty programs designed to deal with stress.

Area professionals also are employed as needed to meet the needs of students. When the campus resources are not extensive enough to meet a student's needs, sometimes hospitalization is needed.

Community-based support groups such as the Suicide and Crisis Service of Alamance County (SCS) are valuable resources. The SCS is a volunteer agency funded by the United Way Agency, the Alamance Caswell Mental Health Center and contributions and donations.

The telephone counseling volunteers are required to successfully complete 40 hours of training. The Suicide and Crisis Line is 227-6220. For information on becoming a volunteer, call 228-1720 or 227-6220.