



Taking Charge Of Life Is First Step In Recognizing Stress

By Della K. Cabe-Gill
Duke Medical Center

Durham, NC - The holidays are long over, yet you still feel life's got you in whirlwind. You may be suffering from burnout or stress. Recognizing what the stressors -- causes of stress -- are is the first step in taking charge of your life again, according to Lin Roghelia, director of activity therapy in the psychiatry department of Duke University Medical Center.

"People complain that their life is out of control in some way," she said. "They may feel as if they're being pulled around by other people or forces."

Running away from stress doesn't solve anything. "It's waiting for you when you get back. At least deal with a small part of it at first. Find out what the problem is," she suggested.

Stress can be positive, such as buying a home, or negative, such as the death of someone close. However, daily stress can add up and not be immediately noticeable. A close look at what you're feeling or how you're responding to your environment may help you recognize the signs of stress and its causes.

Physically, you may feel run down or fatigued all the time. Perhaps you find it difficult to get up

for work even though you've gotten enough sleep. Other physical signs may be dryness of the throat and mouth, trembling, stuttering, nervous tics, grinding teeth, clenching of the jaw, sweating, insomnia, nervous laughter, gastrointestinal problems or irritable bowel syndrome, frequent need to urinate, headaches, neck and back pain, excessive or loss of appetite and missed menstrual cycles.

You may notice changes in your emotional behavior, too. "People become angry or change moods more quickly, while others find they're becoming less tolerant," Roghelia said. A loss of humor, feeling helpless and keyed up, or

increased risk taking are other changes.

Overall, your performance may have diminished. A person might complain they've got the blahs. "Their initiative and interest has diminished," she added. Feeling distracted or an inability to concentrate on the job are other signs.

"Others exhibit hypermobility -- the increased tendency to move about without any reason," Roghelia said. "These people can't take a physically relaxed attitude such as sitting quietly in a chair or lying on the sofa."

At work, pressure easily comes to mind as a stressor. "Other stressors

are less obvious. If your role is ambiguous or there is role conflict, you may feel unsure of yourself," she revealed. "Too much work can be a stressor, but so is work underload."

Unrealistic expectations in your personal life can add stress as well. For example, a recently retired man may discover that his golden years are filled with hours of boredom and are not what he expected.

"Lack of support, personality differences, competition or unresolved conflicts in interpersonal relationships are other sources of stress," Roghelia concluded.

The Afro-American Cultural Center presented "Images" -- original art by emerging artist, Pearlte Tester Davis of Charlotte, N.C. The exhibit runs March 13 through May 1, with an opening reception hosted by Charlotte Friends of The Arts on March 13 from 6-8 p.m. The public is invited to see this unique one-woman art show. For more information, call the AACC at 374-1665.

Black Poet To Give Public Reading

Greensboro - Black poet Rita Dove of Tempe, Arizona, will give a free, public reading at 8 p.m. Thursday, March 13, in the faculty center at the University of North Carolina at Greensboro.

In 1986, Dove was one of three recipients of \$1,000 Peter I.B. Lavan Younger Post Awards from the Academy of America Poets. She was selected for the honor by poetry Robert Penn Warren. Her reading at UNCG is sponsored by the Black Studies Program on campus.

Dove has had three books of poetry published by the Carnegie-Mellon University Press. They are "The Yellow House on the Corner" (1980), "Museum" (1983), and "Thomas and Beulah" (1986). A collection of her short stories, "Fifth Sunday," was published in 1985 as the first volume in the Callaloo fiction series of the University of Virginia Press. Three chapbooks of her verse also have been published.

Among her honors, she has held a Fulbright-Hays Fellowship to West Germany and has received a National Endowment for the Arts creative writing grant, a Guggenheim Fellowship and a Pushcart Prize. Dove has served on the NEA Literature Advisory Panel and in 1985 as chairman of its poetry awards panel. She currently teaches creative writing at Arizona State University.

NANBPW To Sponsor Fundraiser

Members of the Charlotte Club of the National Association of Business and Professional Women's Clubs, Inc. will sponsor a scholarship fundraiser on Friday, March 13, at 9 p.m. at Kings & Queens Club, corner of Brevard and Fourth streets. The proceeds will be used to award scholarships to deserving high school seniors in need of financial assistance to further their education. Donation is \$3.

Debutantes

Continued from page 6B
daughter of Bernard and Allegray White. Sharon aspires to attend UNC-Greensboro or NCSU and major in business.

First graduation from North Mecklenburg, then matriculation at Bauder Institute and later a career in modeling, that's how Wendy Marlene Williams has it planned. At North, Wendy is a lettergirl and the secretary of Jack & Jill. At First Mt. Zion Baptist Church, she is a junior missionary and secretary of the junior choir. She was named best model in 1986. Wendy is the daughter of Frank and Willie Mae Williams.

Attending Myers Park High School, Lenise Michelle Williams is a member of Y-Teens, and FBLA. At Second Calvary Baptist Church, she is on the youth usher board and the youth choir. In 1985, she won second place in the Clara Vison Oratorical Contest. The daughter of Lennis and Catherine Williams, Lenise plans to attend UNC-Greensboro and major in accounting.

Lesia Carroll Williams is the daughter of Romia Doxon Williams and David Lee Williams Sr. A honor roll student, Lesia is a member of the marching band, the student council, the Spanish Club and the Red Cross Club. Lesia, one day, wants her own CPA firm, but for the very near future she will be attending North Carolina Central University and majoring in accounting.





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