Carole Rick

Some signs of stress are noticeable, other signs are subtle. Ulcers and hypertension are indi-

cators that a person has a tense way of handling life situations.

Sweaty palms and a shaky voice

Dear Stressed Out,

Stress is a reaction to people, events and our view of the world around us. Each person reacts differently to things that happen in their lives. Many reactions to stress are learned. Comments such as "she is high strung, just such as "she is high strung, just like her mother," may describe a person who is easily upset. That person may "overreact" to situations, "just like her mother," because she has learned to do so. name she has learned to do so.

Ince the person understands hat a different way of acting can also be learned, then a positive thange can be made.

The importance of an event to a person, can also determine how stressful that event may be. Good, as well as bad experiences can be stressful. A job promotion, with added responsibilities can be as stressful as being fired or laid off.

An important way of managing stress is to first recognize it.

Patrol Stress **Driving Safe**

RALEIGH--The Christmas and New Year's holidays are certain-times to enjoy friends and amily. It is a time for festive occasions, a time to give and a time to celebrate. But, for too

many people, it is a time marred by death and tragedy.

During the Christmas holiday period last year, 23 persons were killed in motor vehicle accidents in North Carolina. An additional 28 were killed during the New Year's holiday period. Over 2,000 persons were injured in motor vehicle accidents dur-

ing both holidays.
Colonel J. F. Cardwell Commander of the North Carolina mander of the North Carolina Highway Patrol, offered some sobering remarks. "For these families, this holiday season will never be the same. They must live with their memories of loved ones who were senselessly killed on our highways. Those who were injured will always remember this season as a time they suffered because someone drove carelessly. The Patrol can emphasize safety programs, concentrate manpower in selected locations, and even in-

actually depends upon the motoring public. Without their support, we all lose."

During this holiday season, buckle up, stay alert and drive safely. If you plan to travel, take a rest stop every hour. A fatigued driver could lead to a fatal mistake

ADVERTISEMENT

God said, "Behold, a virgin shall conceive, and bear a son, and shall call His name Emmanuel" (God with Us). Isaiah 7:14

Who was in the manger? Jesus Christ was in the world, and the world was made by Him, and the world knew Him not.

John 1:10 **PRAY FOR AMERICA**

richology Corner



Mr. Charles, R.B.

may indicate a nervous reaction to a situation. This type of phys-ical and emotional reaction may Carole's Corner occur once in a while. It can be readily overcome.

Stress can be managed by learning relaxation skills. Prioritize events. Every experience should not be equally stressful.

Let go of past negative reactions to people and events. (It is unhealthy to hold a grudge against another passes.) against another person. The other person may be fine but your stress level will be great.)

Stress can be managed by learning assertiveness skills. Stand up for your rights while respecting the rights of others. Change in attitude and behavior can successfully reduce your level of stress and help you have a more relaxed and productive

Carole

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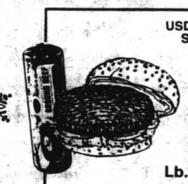
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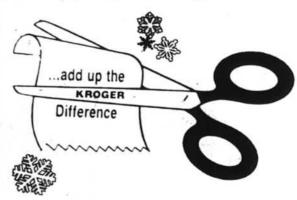
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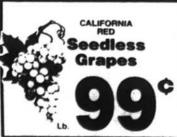
































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