

PUTTING THE BRAKES ON TENSION

Tension is a fact of life for anyone in a position of responsibility. The possibility of failure is one of our best motivations for putting out the extra effort that can make a success of whatever we attempt. Unfortunately, it can get out of hand. When the obstacles begin to look larger than they really are, and our efforts to deal with them seem ineffectual, tension has taken over. In extreme cases, it can completely paralyze or even bring on a variety of physical and mental illnesses that keep hospital beds full. Here are some suggestions for coping when things seem to be getting out of hand.

Talk it out. Sharing the burden will help relieve the strain. It may also clarify the problem and let you see a solution.

Get out of town. A change of scenery can often work wonders, even if it's only for a day or a weekend.

Do something for others. It will take your mind off your own problems or at least, let you see them in perspective.

Work it off. Chop some wood. Go for a brisk walk or a run. Hard physical work gives your mind a rest.

Don't try to be a superman. If you set your sights too high, you're bound to be frustrated. Take your goals one at a time.

Give in, occasionally. Even when you know you're right, sometimes it's easier to yield. It's better to bend than to break.

Tackle one task at a time. If you try to do several things at once, you may not do any of them right.

Don't withdraw. That usually just compounds the problem.

Schedule your recreation. Set a routine for relaxation and follow it, especially if you tend to drive yourself.

Reprint FORE FRONT

We're seen in all the right places.



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