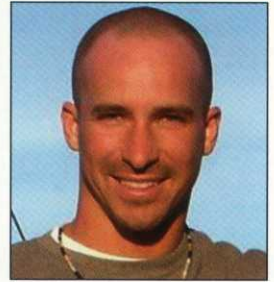


# Get Into Good Habits

By GARY DETERS

Assistant Superintendent, St. Cloud Country Club



As Assistants, it is easy for us to strive to get to the next step and become a Superintendent, but, with becoming a Superintendent comes added responsibilities and possibly added stress. I think there are ways to combat stress in life and it's important to get into good habits in life as an Assistant or an intern and when the time comes when you take that next step you are ready for the overall battle at work and at home.

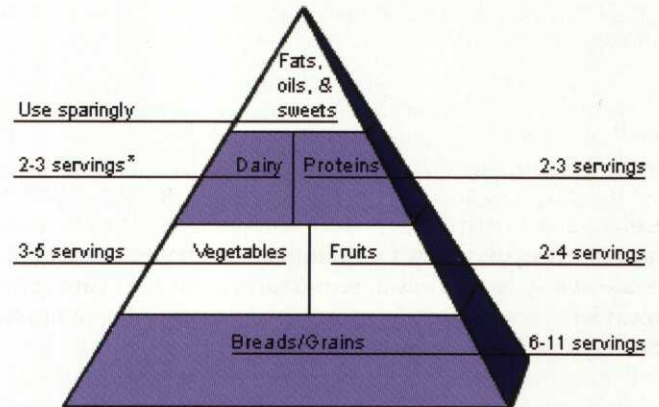
There are many long hour days in the golf course business and it's important to start the day with breakfast after a good night of sleep in order to get your body ready for the long day. It will help provide energy and help your concentration and problem solving. How can you think straight if you are starving? Not only do I eat breakfast, but I make sure I eat something about every three hours or so. Small meals which consist of about 500 calories are good because it keeps that metabolism going and constantly provides energy for the body. It's easy to get carried away with work, but I think it's important to keep the body supplied with food. I also try to eat as many fruits and vegetables as possible, because of the many health benefits that are provided by them.

Performing exercise away from work is also a great stress reliever and great for a healthy way of life. I consider the gym my second home and I will be there weightlifting and doing a cardio workout at least five days a week. It seems if there is any

stress it just melts away because of the way I feel after hitting the gym hard.

I think the best way to approach this is to take your gym clothes with you to work and go immediately afterward so there's no

## Food Pyramid



\* 3 servings for women who are pregnant or breastfeeding, teenagers and adults under 24.

The advised number of servings from each group varies depending on how many calories you take in each day. This in turn, depends on your activity level, body size, gender, age and stage of life. U. S. Department of Agriculture.

attempt to sit down and relax because the chances you exercise then is not good. Socializing with people is also a very important part of going to a gym, and from a personal example I have met my best friends there. I also think it is necessary to check with your doctor before starting a workout program. Along with exercising, smoking is something that needs to be eliminated for overall health. I suggest taking the necessary steps to quit this bad habit as soon as possible, because this will be beneficial for overall health and long-term health. Remember, it's never too late to begin a new chapter in your life and the main point here is the importance of long-term health.

**Being an organized person is very important.** When unexpected things come up it can lead to stress because you are not prepared for the action. Now unexpected things can happen anytime, anywhere, but by being organized at work you can be ready to act when someone doesn't show up for work and you need to move people around in order to get the morning jobs done ahead of the golfers. There's nothing worse than looking bad in front of every golfer you see. If you are an organized person at home, you tend to take that approach at work, too.

Perfection is pretty much unattainable, so why lose sleep trying to be perfect in every aspect of life, especially work. Being a high achiever can make you feel very good about yourself, because taking pride in what you do can make you excel

(Continued on Page 6)



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## Get into Good Habits-

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at work. Being a perfectionist can not only drive yourself nuts, but can drive others nuts as well because you are trying to attain something that might be impossible. A perfectionist will stress at tiny mistakes or stress at not being able to do something well enough. Is that a good way to approach things? I don't think so. Do the best in what you can control and pat yourself on the back for a job well done.

Enjoy your time away from work. I think the last thing you should be thinking about away from work is work. How can you have fun with anything you are doing if you are thinking about the greens, or irrigation, or anything else at the golf course? It will be very noticeable with whomever you are spending time with if your concentration is somewhere else and I guess it will be up to you on how to handle it. Is it fair to your kids, spouse, or friends if you can't give them the attention they deserve? I don't think so, but that is my opinion. I also think it's important for people to have hobbies or things to do away from work that are for them to enjoy and let them forget about anything stressful in life and just relax. It could be spending time with family, playing sports, reading or even playing golf at another course. As long as they are having fun or relaxing it will be good for the mind.

Everybody has different goals they want to attain in regard to work and what they want to accomplish and how fast they want to reach those goals. There is "working hard" and then there is "overworking." It's important to know the difference and a lot of times overworking will lead to doing a bad job because your mind is not in the right frame of mind. Will you be working and thinking as efficiently after working 10 or 12 hours compared to the start of the work day? I would say probably not, but this is something you need to think about and realize if what you are doing can wait until you are in a better mind set. Everybody's work expectations and responsibilities are different so this will be up to each individual to know what's best for them.

I consider the life that I'm living to be very satisfying because I have a very happy life away from work, and a very positive attitude towards work. There were steps that needed to be taken to get me to this point, but I think that it can be achieved by anyone if they take a good look at their habits. It's not something that can be done over night, but having good habits can help lead to good overall health.

Here are website links that might be beneficial:

National Institutes of Health- <http://www.nih.gov/>

Mayo Clinic- <http://www.mayoclinic.com/>

Health- <http://www.health.com/health/>

Stress- <http://www.nlm.nih.gov/medlineplus/stress.html>

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