

**“THE LINK”
Support Group Meeting**

**TUESDAY, JULY 24, 2007
7:00 PM**

“TIME TO DE-STRESS”

**Julie Higbie, PhDc, R.N.
Director of Cardiac Rehab
Marquette General Hospital**

- ♥ Marquette General Hospital
- ♥ Third Floor
- ♥ Conference Center
- ♥ Conference Room 1

**This meeting will not be
teleconferenced.**

Next Meeting Date

**Tuesday, August 28, 2007
3:00 PM**

STRESS

By: Julie Higbie, PhDc, RN

Stress. . we all know what it is. We’ve all experienced it. When we think about though, we only think of negative situations or thoughts. Stress can be good for us and in fact helps motivate us throughout life. It’s funny though, we only hear of the negative long-term effects when we think about stress and disease.

We’ve all heard about the fight or flight response which has helped humans and animals survive since the beginning of time. Extra hormones help us to run faster, harder and perform at higher levels. There are very few situations in modern life where this response is useful. Most situations benefit from a calm and rational approach.

Short term we need to keep this fight or flight response under control to work effectively. Long term we need to keep it under control to avoid exhaustion and poor health.

There are many skills we can use to manage stress that will help us remain calm and effective in stressful situations. Come enjoy an evening of exploring our individual stressors. Let’s learn ways to find stressors and develop buffers for them. Thought awareness, rational thinking, positive thinking and opportunity seeking are just a few of the methods we will use to de-stress our lives.

Keep Stress in Check Tip

If you treasure your heart, do your best to manage stress. Get enough sleep, try meditation or yoga, and make time for yourself to relax in whatever way you like best.