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Stress Strong Influence On Mental Health of Youth

By JOAN M. SMITH

Stress has become a household word and though at one time it seemed only an adult syndrome, young adults living in today's chaotic society are not immune from it. In fact, according to many who work with youth, stress is very much a part of young people's lives and they need to recognize it and to deal with

Mrs. Pam Rodgers, guidance counselor at Nazareth Academy, hosted an informational seminar on the subject, Oct. 16. Her guests included Ms. Rita Augustine, child therapist from the Genesee Mental Health

Center and Ms. Chris Dondino from The Center. Discussed were the varying degrees of stress, who suffer and why, but most important — that there is help available for those who don't know how to cope with their problems. Rita's business she says, "Is

talking and helping to figure out what is the problem." She went on to explain that her task begins when people reach a point where they feel the need to talk to someone, to define their concerns, to find out why they hurt and why they're not moving from one point to another in their lives. They want to make decisions about their problems and want to know the alternatives to their present condition.

Center's activities and her own duties as much the same counseling people to identify problems, setting goals and creating a process by which to reach them. She noted that The Center works closely with the Genesee Mental Health Center in using their testing resources and medical facilitites.

In speaking with the students, the women indentified stress in its various forms — anger, depression, confusion and anxiety. Any of these or a combination can cause physical reactions such as a shaking or just being nonfunctional — and they cited the main concern of people

Chris explained The suffering from these crisis disorders — "Am I mental?" Both Chris and Rita stressed the fact that these symptoms don't necessarily mean the "crazies", only that the body is signalling an overload of stress, tension and pressure.

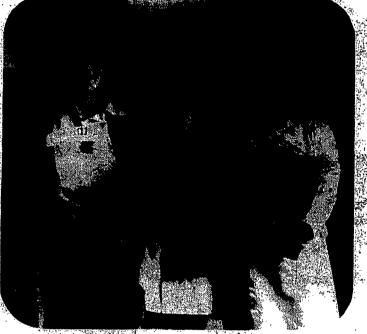
> Outlined were the various situations which cause crisis in young adults as well as adolescents, (Rita said she has treated children as young as 11 and 12), such as family, boyfriend problems, alcohol and drug abuse. They also pointed out decisions such as choosing a college, trying to find a job and the everyday battles like meeting peer and parent pressures, developing one's self-image and the

transition from adolescence to young adulthood springboards into stress.

They also noted the extreme solutions to these various crisis situation like running away. According to Chris, there are a million runaways in the U.S. She also noted the fact that suicide among adolescents has increased. The alternative to such drastic measures, when unable to cope with crisis, is seeking the confidential. professional help offered by mental health agencies. And both women stressed that there is no stigma connected with doing so, no matter what size the problem.



Pam. Rita and Chris discuss the various aspects of problems and their relation to mental health. According to Pam, "We all think it would be nice to be a kid again," but she emphasized how we forget the realities of that growing up time — the loneliness and particularly the stress.



Photos by Joan Smith

Nazareth students Lynore Romano, Mechele Lincourt and Mary Ann Pedalino thought the seminar most informative. Though free of any problems at the moment, the girls were glad that there are places where young adults can go for confidential and professional help.

On The Go

AQUINAS Saturday, Nov. 18 -Card party, 8 p.m.

BISHOP KEARNEY Thursday, Nov. 16 — Student photos.

Nov. 17-18 — Fall play, "The Barretts of Wimpole Street", 8-11 p.m. \$2 admission.

Monday, Nov. 20 — Marching Kings at Xerox Square, 11:30 p.m.; magazine drive pizza parties.

Tuesday, Nov. 21. — Report cards; mini-class

Nov. Thanksgiving recess.

CARDINAL MOONEY Wednesday, Nov. 22 -French Club bake sale.

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DESALES Nov. 23-27 Thanksgiving recess.

MCQUAID Monday, Nov. 20 — Red Cross Bloodmobile. Nov. 23-27

Thanksgiving Recess.

NOTRE DAME Friday, Nov. 17 — Principal's Conference; junior class Jitney Supper, 5:30-7:30 p.m.; school

play, "Emperor's New Clothes", 8: 15 p.m. Sunday, Noy. 19 — Liturgy, homeroom 101, 10 a.m.; Future Secretary Association Installation, 2

Monday, Nov. 20 Board of Governors meeting.

Nov. 22-26 Thanksgiving vacation.

NAZARETH Nov. 17-18 — Area All State Band & Orchestra Festival at Churchville-

Chili High School. Friday, Nov. 17 — Rehearsal for ethnic assembly, 2:40-3:45 p.m.
Nov. 17-18 — "The Hobbit, 8 p.m.

Sunday Nov. 19 — The Hobbit, 2 p.m. Nov. 20-22 Sophomore Plus animal

Monday, Nov. 20 -Yearbook pictures; rehearsal for ethnic assembly 2:40-3:45 p.m.; faculty meeting, rm. 317, 2:3:30 p.m. Tuesday, Nov. 21 —

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Report cards; rehearsal for ethnic, assembly; Student Council meeting, 2:40-3:30 p.m.; College Information Night, 8-9 p.m.

Wednesday, Nov. 22 -Student Council Dress Up Day.

OUR LADY OF MERCY Nov. 16-18 - Fall musical, "Brigadoon".

ST. AGNES Nov. 16-18 - "Don't Drink the Water", 8 p.m. Sunday, Nov. 19 Open House, 7-9 p.m. Monday, Nov. 20 Yearbook sales begin. Tuesday, Nov. 21 Freshmen skating party. Wednesday, Nov. 22 Magazine drive holiday.

DeSales Theater

Geneva DeSales will present "Our Town" by Thornton Wilder, Nov. 16-17, 8 p.m. in the school gym. It is being directed by Ms. Kathleen Rourke, English teacher who is assisted by John Englert, music teacher and Sr. Janet Connorton, art teacher.

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The cast includes: Jay Bowen, George Gibbs, Donna Amatulli, Tom Ninestine Ann Kenny, Allyn McCormick Denise Porterfield and Dan

Cooke. The three act play has long been a favorite production. The main action of the story revolves around the occupants of Grover's Corners, a small city similar in many ways to Geneva. The specific action centers around the Gibbs, and Webb families. and the romance and marriage of their children. George and Emily