

RapAround

Stress, Tension: How to Cope

By Joan M. Smith

Anger, frustration, confusion, anxiety are all symptoms of stress caused by tension and they affect us all at one time or another. Recently, RapAround attended a seminar on stress at Nazareth Academy, and more recently at Our Lady of Mercy, where the subject was on a special seminar agenda — proof that the stress factor has become entrenched in young adult life.

Decision-making, alcohol, drugs, negative family situations, school, parent and

peer pressure are all causes of stress in teenagers. As a participant in Mercy's "Youth Unlimited" Day, Sister Dorothy Schlueter, RSM, talked to the students about coping with these pressures. When RapAround joined the seminar, students were discussing parental pressures, particularly friction between mothers and daughters because of different ideas and attitudes. One student said there were certain subjects she just never discussed with her mother because of the tension they created between them. This breakdown in communication was a factor that Sister Dorothy warned

against. "Keep the channels of communication open," she said.

Besides advising good, clear communication with the people they were close to, Sister suggested other defenses against stress such as being honest with themselves, learning how to deal with tensions by facing up to them,

but also learning to walk away from a thing they couldn't deal with immediately, and to find ways in which to relax.

To emphasize the latter advice, Sister, experienced in hypnosis, introduced the students to self-hypnosis. "Let yourself hang loose," she said, and told them, "Daydreaming is a fruitful state. It restores

nervous energy." The exercise was one of tuning out the person next to you and any negative thoughts; to concentrate on something that relaxed — like the sun, beach — and to achieve, through this concentration, a lightness of body, the sensation of being able to float. Everyone relaxed so much so that RapAround had a tough time

remembering the next assignment.

The interlude was a relaxing one but also an important one. It was a reminder that to keep mentally and physically well, there are times adults as well as teenagers have to stop the world and get off — if only for a little while.



"Your mental state influences everything you do," stated Sister Schlueter.

ND Yearbook Cited

Elmira — Notre Dame High School's 1980 yearbook, "Credo," earned second place in the best yearbook category at the Empire State School Press Association (ESSPA) convention in Syracuse.

In competition with schools with an enrollment under 1,000, "Credo" outclassed all yearbooks except the first-place yearbook from Shelter Island High School. "Credo

1980," with Marybeth Douglas as editor and Sister Edmond Gauthier as yearbook moderator, celebrated the 25 year history of Notre Dame High School, and included the students' trip to New York City to see and hear Pope John Paul II in October 1979.

Notre Dame's newspaper, "Maryleaf," was given a first-place rating by ESSPA.

New Club Focus On Business World

Recently, a ceremony was held at Nazareth Academy in which members were inducted into the new Future Business Leaders of America Club. The ceremony emphasized the duty of all members to "prepare for the great task of business leadership in the years ahead."

The FBLA aims at becoming an Outstanding First Year Chapter. Recipients of this award must organize activities that will benefit members of the club, the school and the community. A point system has

been established for each activity sponsored by a Chapter between Sept. 1 and March 1 of the current school year. Evidence and materials of such activities must be kept in an official FBLA scrapbook which is submitted at the State Leadership Conference. These scrapbooks are judged at the conference and an award is made for the Outstanding First Year Chapter Scrapbook.

Peg Bachman, business teacher at Greece Athena High School, along with five Athena students, attended the first meeting of the FBLA at Nazareth to explain the workings of the organization. Members learned that the purpose of club meetings and projects is to relate what is learned in business courses in school with practical applications on the job. Part of every meeting will be devoted to talks by people in the field of business, business-related social activities and tours of businesses.

Moderators of the FBLA Chapter at Nazareth are Ms. Joyce Ezrow and Mrs. Linda Waterstreet.

Info About Careers

Nazareth Academy students will have a chance to receive answers to their question "What will I be?" at the school's annual Careers Day, Nov. 19. Mrs. Nancy Werner, guidance counselor, has invited speakers from many fields and from several area industries to explain all facets of the career world.

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