#### CATHOLIC COURIER - DIOCESE OF ROCHESTER,

"I'm a good listener, so my friends tell me their problems. But then I get stressed because I worry about them," said Matt, a sophomore at Hilton High School.

Matt said that he reached his breaking point last year during a tough wrestling practice. He recalled lying on the mat, staring at the lights and saying, "Why am I doing this?" He then announced to his coach that he was thinking about quitting the team. A two-hour conversation ensued in which the coach suggested that Matt seek out a stressmanagement workshop.

Matt took his coach's advice, and said that he has made some important adjustments after attending workshops. The biggest change, he said, is that he now sticks to a daily schedule. "I have

everything planned from when I wake up to when I go to

noted.

sleep," he

Meanwhile, Katie said she has relieved the stress of living up to her sister's achievements by talking things out with her friends.

"It's gotten a lot better. A lot of people told me I'm my own person," she said.

Katie added that she gets through other stressful situations by being optimistic.

"I try to think of happy things - the weekends and the fun things I do when I get home," she said.

She views attendance at Mass as yet another stress reliever.

my one hour a week I can get away from things," she said. "That's one hour I don't have homework, chores, doing this or doing that. I just sit and talk to God about whatever I want."

Matt said he incorporates one hour of free time into his daily schedule -"even if I just stare at a wall, if I just sit there and zone. I need that time, or I go absolutely nuts," he said.

"Set aside a little time each day to do nothing," Sarah agreed. "If you don't do that, you're going to run yourself ragged."

Matt noted that mental health is equally as important as physical health.

"There's only so much pressure and

the body can take, and it's the same for your mind – there's only so much pressure and abuse that *it* can take," he said.

abuse

Erin pointed out that excessive stress can lead to physical problems.

example, she said 'If you're eating not that right, would wear down you even more.' Despite these precautions, Jill and Matt acknowledged that stress is, to a certain point, unavoidable.

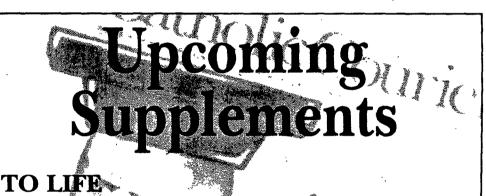
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"I think some people hide it better than others, because everybody has stress," Jill said.

JIII Emers

"If there's a person out there who's never had stress, I want to meet him,' Matt remarked.

Coming next week: TRUST



Publication Date: October 2 - Deadline: September 18 The Consistent Life Ethic, which promotes dignity of all human life from conception until natural death, is a key priority for the Diocese of Rochester. This special section, fimed in conjunction with Respect Life Month, will deal with protecting and nurturing life through advocacy and direct action on such

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# September is **Childhood Cancer** Awareness month

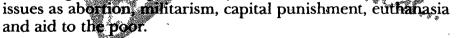
Cancer is the #1 cause of death by disease in children. This year, in the Rochester area alone, over 50 cases of childhood cancer will be reported. CURE Childhood Cancer Association of Rochester assists families through every stage of cancer.

During September, in recognition of Childhood Cancer Awareness month, communities nationwide will embrace children battling cancer, survivors of childhood cancer, bereaved families, and health care professionals who care for our youngest cancer patients.

To learn more about *Childhood Cancer Awareness* month, or ways you can help, please call **CURE Childhood Cancer Association at** (716) 473-0180.

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### **RELIGIOUS VOCATIONS**

Publication Date: October 16 - Deadline: October 2 This special supplement will address various aspects of vocations and mission work in today's church - from the motivations of young men studying for the priesthood to the efforts of women religious mapping the future of religious life; from the dwindling vocations statistics in the United States to the burgeoning numbers entering religious life abroad.

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