

Stress: Take Action for a Happier, Healthier Life

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Knight Ridder/Tribune Service

Do you have personal habits and behaviors that place you at risk for premature death?

Do you know what those habits and behaviors are?

Do you wear your seatbelt every time you drive?

Do you smoke or use smokeless tobacco products?

Do you consume more than one beer, or a small glass of wine or a mixed drink with 1 ounce of alcohol each day?

Do you know what your cholesterol numbers are?

Do you know what they mean?

Do you have high blood pressure?

Do you have a genetic predisposition for any disease?

Are you in aerobic condition? _____ Do you know what aerobic conditioning means?

Do you know how to exercise aerobically? Do you know how often to do it?

Are you more than 10 percent above your ideal body weight for your height and build?
Do you know what your ideal body weight is?

Do you get at least 7 hours of restful sleep per night?

Do you relax daily?

Do you know how to relax without drugs or alcohol?

Do you eat a balanced diet?

Do you drink enough water?

Do you take in enough fiber? _____ Do you know how much you should consume?

Stress: Take Action for a Happier, Healthier Life (continued)

Depending on your answers, you could be in a potentially dangerous situation and not know it. In this instance, ignorance is not bliss, and it could be fatal. Accurate information is the first step in helping ourselves avoid all limiting factors, within our controls. The second and most important step is to act based on what you learn.

Go to the authorities on the subjects you need more information on, such as the American Heart Association for cardiovascular questions or the American Cancer Institute for cancer issues. Dr. Kenneth Cooper is the father of aerobic training. Go to his website or purchase one of his books to help you learn the benefits and importance of regular exercise.

The American Psychological Association can help you with mental disorder topics. The book, "The Glucose Revolution," clearly explains the glycemic index, and the impact of sugar on our insulin levels. This is a breakthrough book concerning diet, and energy levels.

The American Automobile Association can scare you into wearing seatbelts if you still need convincing. Alcoholics Anonymous has many chapters around the country to help those with an alcohol challenge. Scientific research says that small amounts of alcohol are heart healthy. Large and regular quantities of alcohol can destroy lives and families. If either prescription or illegal drugs are a concern, check with your physician for treatments and ways to overcome dependency.

Are there any diseases that run in your family? If there are, check with your doctor, and follow instructions on how to reduce or avoid their impact on your life.

Some people say, "I don't care about my health. We all die from something. I might get hit by a car tomorrow so why deny myself some fun today.

Those I have seen with this attitude change their perspective very rapidly, but often too late, once an avoidable problem affects their life.

Don't become obsessed with diet, exercise, hygiene, and safety issues. Simply be sensible. Know where you can make a difference in your life take those steps.

Buddha's motto was "moderation in everything." He lived to his mid-80's 2500 years ago. The average life expectancy was less than 30 years, I believe.

Learn about the areas in your life that are potential problems from expert sources. Then, give Buddha's suggestion of moderation, a one-year trial in your life. You will probably find yourself happier, healthier, and less stressed for having tried it.

Source: Scranton Times 2/14/02