

Newsletter

East Central Illinois Refugee Mutual Assistance Center

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Eleven Things You Can Do To Deal With Stress



As the demands on your life continue to increase, you will find that you may suffer from more and more anxiety and stress. The following are some simple suggestions that may help reduce your anxiety and stress:

1. Talk it out. When something bothers or worries you, talk it out. Do not keep it to yourself. Talking things out helps relieve the strain, helps you to see what is bothering you in a clearer light, and often helps you see what can be done about the worry.
2. Escape for a while. Sometimes, when things go wrong, it helps to escape from the painful problem for a while. Lose yourself in a book, a movie, a game, a walk.... This will help you recover your balance and be in better shape to deal with the problem.
3. Work off your anger. If you feel like fighting with someone, try to hold off that impulse for a while and do something constructive with that excess energy. Do physical activities like gardening, cleaning the house, taking a long walk... Work the anger out of your system and cool off. This will keep you from saying or doing something that you might later regret. Plus when you can deal with the problem you will be better able to handle it.
4. Give in occasionally. Stand your ground on what you know is right, but do so calmly and make allowances for the fact that you could actually be wrong. Even if you are right it is sometimes easier for your stress level to give in once in a while. I'm not suggesting giving in on something that is a major issue to you but much of what causes us stress is not major issues and if you do yield, you will find that often others will too. And if you can work it out, the result will be a relief of tension/stress and a feeling of satisfaction.
5. Do something for others. If you feel you are excessively worrying about yourself, try to do something for someone else. You will find this will help take your mind off your worries as well as make you feel better because you did something nice for someone else.

6. Take one thing at a time. For a person under stress, an ordinary workload can sometimes be overwhelming. The load looks and seems so great that it becomes painful to tackle any part of it. Remember this is a temporary condition, and you can work through it. The best way is to prioritize what needs to be done (i.e., decide which task needs to be done first, second, third etc). Do the most urgent one first and don't worry about the others. When you finish that task you can then go to the next task on the list.

7. Avoid the urge to be superman/woman. Sometimes people expect too much of themselves and get into a constant state of stress and worry because they think they are not achieving as much as they should. This is an open invitation to failure as no one can be perfect in everything. Decide what things you do well, then put your major effort into these. Then there are the things we can not do as well. Do them to the best of your ability but accept that you can't be best at everything.

8. Go easy on your criticism. Sometimes people expect too much of other people and then the person feels frustrated, let down, and disappointed when the other person can not do as expected. Instead of being critical about the other person's behavior, look for that person's good points and help him/her develop them. This will make both of you feel better.



9. Give the other fellow a break. Competition is contagious but so is cooperation. When you give the other fellow a break, you often make things easier for yourself. If the person no longer feels you are a threat to him/herself, they will stop being a threat to you.

10. Make yourself available. Many of us have a feeling of being "left out", neglected, or rejected. We imagine that other people feel this way about us when in reality the other person is waiting for us make the first move because they too are afraid of being rejected, neglected or being left out. Instead of shrinking away, it is much healthier to make yourself available.

11. Schedule your recreation. People often drive themselves so hard that they allow little time for recreation. Recreation is essential for good physical and mental health. When you set your routine, schedule some time for recreation or your hobbies.

The basic foundation of good emotional health is the philosophy of faith, faith in ourselves and faith in others. This will carry us through stressful situations. The search for peace of mind for good mental health is universal but you have to work to achieve it. This means attempting to better understand ourselves and others and then using this understanding to work to develop more satisfying relationships. It means working out problems by ourselves when we can and seeking the help of others when we can't.

If you are concerned about yourself or a member of your family or a friend who show signs of severe prolonged emotional disturbance then seek professional help. Professional help can be found through your family doctor, your church, a school counselor, a community mental health center or ECIRMAC. (Source: National Mental Health Association)

For Your Information

Time to Review With \$3+ a Gallon for Gas: To see these prices at the gas station causes all types of problems to a household budget. A weekly gas purchase of 10 gallons that cost \$25 (at \$2.50/gallon) now costs \$30. Or another way to look at it is you now have \$5 less to spend on other bills. What to do?

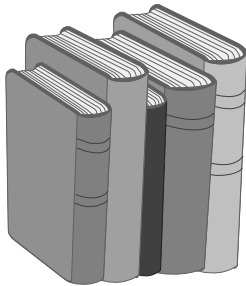
Well you could buy a more fuel-efficient car. Rather drastic, especially if you don't have the money right now. Another suggestion would be to replace old driving habits with new ones:

- A. Plan your trips. Make a list to things to do and buy and thereby eliminate unnecessary trips.
- B. At least monthly, check your tire pressure. Under inflated tires lower your gas mileage.
- C. Next time your car is serviced, check your car's air-filter. Clogged air-filters reduce gas mileage by around 10%. Worn spark plugs and faulty fuel and emission control systems can lower your gas mileage by approximately 40%.
- D. Dirty oil, malfunctioning automatic transmissions and faulty cooling system thermostats reduce gas mileage as well.
- E. SLOW DOWN. It is fun to drive fast but your vehicle loses about 1% in fuel economy for each mile per hour driven over 55. For example at 55 you get 30 miles per gallon of gas. At 60 you get 28.5 miles per gallon of gas. At 65 you are down to 27 miles per gallon of gas. At 70 you only get 25.5 miles per gallon. (So 10 gallons with you driving 55 will take you 300 miles down the road while at 70 you are only able to drive 255 miles. Another way to look at it is to drive that extra 45 miles will cost you close to an additional \$6)
- F. Finally, don't idle your car for more than about 30 seconds. If you must wait longer for your friend, turn off the car. It uses less gas to start the car than it does to let it idle. (Source: Ease gas pump pains by replacing old habits with new ones, News-Gazette, April 15, 2006)

Parenting Tips

Getting Your Child Ready for Kindergarten: To encourage your child to listen and use words to express feelings and ideas each day you should listen to and talk with your child. If you are driving turn off the radio or CD and encourage your child to talk about where you are going and what will happen once you get there. At home turn off the TV during your meals and talk with your children about what happened interesting during their day.

Use pictures in books and magazines to get your child to tell you what he/she thinks is on going on in the picture or to predict what will happen in the future. Have your child draw a picture and THEN have him/her tell you about the picture.



Involve your child in doing things that require him/her to listen and follow directions. For example: Ask him/her to pick up a plate and set it on the table or

Hop on one foot to the door and open it. What you ask them to do does not have to be serious but can be fun.

Use words such as under, over, behind, in front of, besides, etc. Here are a couple of example but you can let your imagination make up the game.

Put a bean bag (or any chosen object) under your chin and hold it there.

Hold a ball over your head.

To help you child learn about and express different feelings read books that tell about and explore different feelings. Talk about situations that make people feel sad, happy, angry, frustrated,

scared, etc. Use different facial expressions and tones of voice to help dramatized different emotions. Make it fun and if you always wanted in your heart of hearts to be an actor or actress then you too can have fun.

Good books for four and five year olds.

Glad Monster; Sad Monster
Learning to Get Along Series
On Monday When It Rained
Sometimes I'm Bombaloo
The Feed Good Book
The Three Grumpies
Getting Ready for Kindergarten Calendar)

By

Ed Emberley & Anne Miranda
Cheri J. Mieners
Cherryl Kachenmeister
Rachel Vail
Todd Parr
Tamra Wight (Source: U-Way

Immigration News:

Visa Bulletin May 2007:

As of May 1, 2007 the visa priority dates are as follows (Source: Visa Bulletin #105 Volume VIII):

First Preference (unmarried son/daughter of U.S. citizen)	May 15, 2001
2A (spouse, child of LPR)	April 8, 2002
2B (Unmarried son/daughter of LPR)	October 1, 1997
Third (married child of citizen)	April 1, 1999
Fourth (sister/brother of citizen)	May 15, 1996



Local News

Wedding: Congratulations *Vinh Xuan Nguyen* and *Ngoan Be Thai*. Mr. Vinh and Mrs. Ngoan were united in marriage April 11, 2007 in Urbana.

Congratulations *Justina Sayon* and *James Kemokai*. Justina, the daughter of Edith and Edwin Sayon, was married April 20th, 2007.

Condolences: Deepest sympathy to Ngoc Anh Ton Nu on the death of your father *Ton That Dong*. Mr. Ton died February 7, 2007 in Hue, Vietnam.

Deepest sympathy to the family of *Hawa Kortu Barnes*. Mrs. Barnes, the sister-in-law of Richline (Mattie) Gbor and Nyangbe Lady Barnes died recently in Champaign/Urbana while undergoing treatment for an illness.

Thank You: During the last fall's United Way campaign, several donors designated this agency to receive their United Way donation. But they wished to remain anonymous and not receive a thank you. If you were one of these donors, and you know who you are, please accept our heartfelt thank you.

Business Opportunity: If you have thought of opening a business in Vietnam, Patricia Beck of Decatur, would like to talk to you. You may call her at (217) 325-3693 or (217) 820-8000.