

Contact Cindy Tierney
336-288-8554
336-288-7885 (fax)
Cindy@commonboundaries.com



For Immediate Release:

STRESS – LEARN TO HANDLE IT FOR YOUR HEALTH

Greensboro, North Carolina (January 15, 2004) - Too much to do and too much information! From dusk until dawn we are faced with a daunting amount of work. Have you ever wondered how you were going to do it all? The stress of just thinking about what needs to be done can be overwhelming, let alone dealing with conflicting schedules and goals. As stress and conflict pile up, it cuts us off from what we really want in our lives.

No one is immune to the ravages of stress, according to the **American Medical Women's Association**, "stress overload activates areas of your brain ...which switches into its emergency flight or fight syndrome," and makes it difficult to communicate with someone when you are either trying to defend yourself or flee. Current research indicates that if we want to learn a new behavior (and who doesn't need help with conflict resolution), we learn best from experience and under pressure.

A stress-buster is having the plan of action and the courage to deal with whatever is causing the stress. Award winning-author and leadership consultant, **Debra J. Gawrych's** book, ***The 7 Aspects of Sisterhood: Empowering Women Through Self-Discovery*** offers readers tools to develop a plan to deal with the stress that has increased for everyone with the busy lifestyles of today.

Gawrych offers concrete advice on how to develop a plan that you can actually use:

- Take charge of your life
- Improve your communications with friends, family and co-workers
- Free up time to do what you want to do, not what you have to do
- Live your life centered even in the face of stress
- Learn how to confront someone with respect

So the next time your teenager rolls his or her eyes and says that at your age you couldn't possibly understand, or when your spouse is lounging on the couch during a golf marathon, or a co-worker conveniently leaves a weeks worth of work for you to do. Don't panic, have a plan!

Debra J. Gawrych, MBA is the CEO and founder of *Common Boundaries*, a company whose purpose is to promote effective communications. Debra has an MBA as well as an undergraduate degree in Speech Pathology and Audiology with a concentration in psychology. Debra writes about finding balance in a turbulent world, which she understands well, also raising three children with her husband in Greensboro, North Carolina.

Debra has been interviewed on many radio and TV programs including CNN News 14, Charlotte; LUKA World, Cincinnati and Minneapolis; Monica Pierre's Motivation Program, New Orleans; and AM Northwest, Portland.

Explore what you can learn about dealing with stress and conflict. Contact Common Boundaries or visit their website: www.commonboundaries.com.

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