

Rx for Stress: More Support!

Cynthia Peters

Stress is not just an emotional feeling. It has a physical effect on your body. Stress can increase your heart rate and your blood pressure, weaken your immune system, and interfere with digestion, causing constipation, diarrhea, and other problems. What are some of the ways that stress affects your body? What would help reduce your stress? What do you think of the doctor's recommendations in the cartoon below? Write yourself a prescription for what you need.



Cynthia Peters is the editor of The Change Agent. Read one learner's suggestion for a society-wide support: "Staying Healthy During Hard Financial Times," by Sorol Banaj can be found at <www.nelrc.org/changeagent.org/extras>.



Doctor: "I recommend more money, health insurance, free child care, and helpful husbands."

Caption Contest

The Change Agent asked participants at the Massachusetts Coalition for Adult Education conference to write captions for this cartoon and vote for the favorite. Read the winning caption (by Laurie Sheridan) above. The second place caption: Doctor: "You don't need a referral. You need a vacation." Participate in our next caption contest! Visit our web-site for details <www.nelrc.org/changeagent>.

Activities:

1. Write your own caption.
2. Discuss what this patient might need to be healthy.
3. After reading about the technique on pp. 3-6, draw a "problem tree" with "Stress" as the trunk. What is feeding the roots? What results are in the leaves? Make a "vision tree."