

*“God grant me the serenity to accept the things I cannot change,
the courage to change the things I can
and the wisdom to know the difference.”*

Success is a many splendored thing. It brings accolades, awards and monetary rewards.

The money helps, too, when the doctor prescribes ulcer medications, mood stabilizers and sleeping pills to counteract the effects of all the stress that comes with being a success.

Left unchecked, stress can take a dramatic toll on both mind and body.

“Stress causes anxiety, infertility, fatigue, insomnia, depression, anxiety,” says Dr. John M. Blumer, a family practitioner at the Glynn Family Medicine Center in Brunswick. “It can affect memory, decrease immunity.”

Managing it is as simple as finding a hobby, turning off the phone and the pager every once in a while and, most importantly, accepting the fact that perfection is an unattainable goal.

“We have to realize what we can control and what we can’t control,” says Rosemary Hayward, psychotherapist at the Stillpoint Counseling Center on St. Simons Island. “There are many factors within your control. One of them is your response to the stressors around you. They may be different from someone else’s because of our differences as individuals. There are certain things that stress some people out that don’t stress others out. You can’t change that. You can’t change your make-up in that way but you can change your decision in what you are going to allow to stress you and what your response will be because that is in your control.”

Along that line of thinking, Hayward recommends “The Serenity Prayer” – a plea for courage, wisdom and acceptance – to those she counsels.

“I think that’s a wonderful thing to ground yourself with,” she says.

Talking about stressors is another good way to find peace, physician Blumer advises.



Dr. John Blumer

