

“Just verbalizing what is causing you stress can oftentimes be therapeutic in itself,” he says.

Even as the pager clipped to his belt begins beeping with some urgent message, Blumer talks of his own stress-relievers – time with his family, working on his truck, fishing and tinkering. A tackle box full of brightly colored fishing lures lies on the floor behind his desk, a piece of machinery torn from the innards of his truck sits on the credenza nearby, and a tool catalog is within easy reach on his desk.

Jokes about happy pills and sleeping aids notwithstanding, Blumer says he always tries to counsel change before writing a prescription.

“I tell my patients to set aside time for themselves,” he says. “Sometimes

you have to tell people that.”

Hayward prescribes Hatha Yoga moves to her clients. Hatha is one of the least strenuous forms of yoga, and one more conducive to relaxation. Just 30 minutes of exercise three days a week is a great release for stress and tension, Hayward says.

The same goes for a strong belief system, a spiritual view that focuses on the big picture.

“Looking at the whole picture is important instead of getting caught up in the details of the moment,” Hayward says. “Look at the whole picture and (question) how important are these details. Maybe they’re important maybe they’re not so important.” ■



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