

Change Can Be A Good Thing

By Michelle Huestis, 2nd Chance

Each month, I find myself "wracking" my brain for a theme for the monthly newsletter and this month was no different. In the end, I decided to highlight the topic of dealing with change, the stress that may come with it and how to turn it into a positive experience. Working in Employment Services, change is constant and an appropriate topic given the Employment Ontario changes underway these days!



While searching for related articles and information I stumbled across a website by the name of "But They Did Not Give Up"; and, ironically, my newsletter theme was about to "change"; and, hopefully in a positive way.

What I found (and included below) are examples of real (now famous) people that faced and overcame challenges in their lives. Stress, rejection, negativity...you name it, they experienced it (as I'm sure we all have from time to time).

And, since I really wanted to share these motivating stories it meant switching gears a.k.a changing my original plans. A little stressful? Perhaps. The end result? Hopefully a positive one! Maybe my original theme of dealing with change and making it a positive experience happened after all!

- ◆ Michael Jordan was cut from his high school basketball team. Jordan once observed, "I've failed over and over again in my life. That is why I succeed."
- ◆ Walt Disney was fired by a newspaper editor because "he lacked imagination and had no good ideas." He went bankrupt several times before he built Disneyland.
- ◆ Thomas Edison's teachers said he was "too stupid to learn anything." He was fired from his first two jobs for being "non-productive." As an inventor, Edison made 1,000 unsuccessful attempts at inventing the light bulb. When a reporter asked, "How did it feel to fail 1,000 times?" Edison replied, "I didn't fail 1,000 times. The light bulb was an invention with 1,000 steps."
- ◆ In 1954, Jimmy Denny, manager of the Grand Ole Opry, fired Elvis Presley after one performance. He told Presley, "You ain't goin' nowhere, son. You ought to go back to drivin' a truck."
- ◆ Check out more of these stories @ <http://www.des.emory.edu/mfp/efficacynotgiveup.html>

Employment Ontario Changes...

For quite some time now, the Provincial Government has been working on transforming the programs they offer through Employment Ontario. The end result...all employment services can be accessed under one roof or as I like to call it "one stop shopping"!

This means that (no matter what your age) you can get help with any and all of your employment and/or retraining needs at one place. And, you guessed it, 2nd Chance is one of those places!



Big Stressors, Little Solution? Think Again...

By Joel McNutt, 2nd Chance Resource Centre Coordinator

Learning about stress and how to manage it can benefit all. There are no secrets or tricks when it comes to effectively managing stress.

First things first, good stress managers (someone who manages stress well) take good care of themselves. They maintain their body on an ongoing basis for the strength and stamina needed to meet not only the daily hassles, but also the big stressors that come along.

After wrecking my car in an accident a few weeks ago, this advice couldn't have been more crucial. As anyone who has ever been involved in a car accident will tell you, car accidents are big stressors.

According to the University of Delaware, there are important things that anyone coping with stressors (and I think this is everyone) ought to do including eating a well-balanced diet; getting healthful, vigorous exercise; getting the amount of sleep that makes you feel good and taking time to relax when things get tense.

Stress is and will always be a normal part of life. It not only affects human beings, but almost every aspect of nature. Have you ever noticed animals in the wild?

Take a squirrel for example; they always appear anxious, on the lookout, paranoid, and constantly stressed. What separates us as human beings from squirrels is that we have the ability to recognize that the way we perceive a situation affects the way we feel, the way we think, and the way we act. If we perceive a big stressor -- or any stressor for that matter, to be the end-all of all, we most certainly will treat it as such.

The next time you feel stressed, pack a healthy picnic, walk to the park, find a nice spot to breathe deeply and relax, and notice how stressed out those squirrels really are!



Most importantly, take a moment to recognize that although stress affects us all there are crucial things that everyone can do to healthfully manage it.



*If nothing ever changed,
there would be no butterflies!*

