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Stress relief

A woman seeks advice from a co-worker on how to relieve stress.

Margie: Ah! This has got to stop.

John: What is it, Margie? You look so stressed out.

Margie: John, it's this job. I'm under pressure all the time. My muscles are tense. My stomach is upset. I just can't seem to relax. What can I do?

John: Yeah, stress. It's a killer. Well, one thing you could do is exercise. It really helps me when I'm stressed out, and it's a great way to blow off steam.

Margie: Well, actually, I've tried that. First I took up Rollerblading®, . . . but that didn't work. Then I . . . I tried dancing lessons, . . . but I couldn't find a good dance partner.

John: Well, what about swimming? There's a health club with a swimming pool just down the street. It's really good exercise, and being in the water is so relaxing.

Margie: That's not a bad idea, . . . except I can't swim.

. . .

John: Well, have you thought about taking a yoga class? I hear that yoga's very relaxing.

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Margie: Oh, I don't know. . . . I . . . I don't think yoga's the right thing for me.

John: Well, there's hypnotherapy.

Margie: You know what? You're not going to believe this, but I've tried that, too. . . . OK, it's like this. Every time I hear the word *ocean*, I'm supposed to relax. And it works. In fact, it works too well. Once when I was in an important business meeting, someone started talking about "ocean" ecology. People said the word *ocean* so many times that I fell asleep.

John: Oh, you know, I think I remember that. I thought you were sick or something. It must have been embarrassing.

Margie: You can say that again! Now everybody in the office knows about it. People pass my office and make snoring sounds.

John: Oh, I'm sorry. Hey, I have an idea. Maybe you could try aromatherapy.

Margie: What's that?

John: Well, first they put you in a softly lit room, and then they open different jars and let you smell them.

. . .

Margie: Oh, well, I . . . I don't know. I'm allergic to most perfumes. You know what, John? I don't think any of those things are going to be right for me.

John: Or it might be a good idea to take some time off. Go on a little trip – maybe a little beach vacation by the ocean.

Margie: Hmm. [*yawns*] That's a good idea. I'm feeling better already. Thanks, John. You've been a great help.

John: Anytime. Hey, enjoy your trip to the ocean.

Margie: [*yawns*] Thanks. [*yawns*]