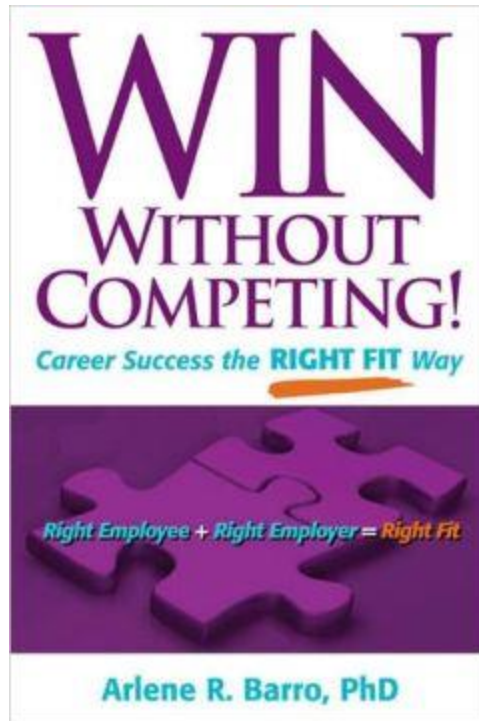


Conquering Stress! With Dr. Arlene —Denial Causes Stress



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By Dr. Arlene Barro

Millions deny that Donald J. Trump is the president of the United States. At a recent rally, Gloria Steinem, age 83, the co-founder of *Ms.* magazine, leader, and spokeswoman for the Feminist Movement, admitted that she cannot say “President Trump.” What about you?

Who Has President Trump Stress Disorder? Let Us Find Out

If you have insomnia, are glued to the news cycle all day long, and obsessed with reading Trump’s tweets, you may have this disorder.

On one hand, millions cannot emotionally accept that Hillary lost and Donald won, on the other hand, they are obsessed with watching what he does. Denial, fear, and stress are woven together. We are making ourselves sick. Look at how much money we are spending on medical bills: more than \$3 trillion dollars a year. Trump is not the cause for all of these costs, but our response to devastating situations of all types, must be changed to stay healthy.

To reduce Trump stress, try these strategies. Avoid listening to and watching talk show hosts. Instead, listen to a nightly newscast in which journalists present the facts. You can interpret the significance of what you saw or heard. Ignore Trump's tweets. Focus on results. Remember, you need to manage your behavior. If you use my strategies consistently, you should be able to control the deadly trio: denial, fear, and stress. Then, you can think about how to tweek and transfer my strategies to other troubling challenges.

Who Has Work Stress?

Almost everyone. I consult with business owners and employees throughout the country. From my observations, the workplace situation for millions is intolerable. Employees are imploding. I receive firsthand accounts from employees, who accept jobs unaware of the red flags. Then, they discover things that they could never have imagined. For example, video cameras all over: hallways, offices, and some believe that cameras may also be in their ladies rooms. Women are afraid to go into them.

One could argue that internal security is the reason for the cameras. No it is not, if people are assigned to look into the cameras all day long. Then, employees are confronted and asked what they are talking about.

I gave you a glimpse of a work environment which is managed, as if it is a prison. No wonder the employees are walking out without having secured new jobs. The last quarter of the year is a critical time to find the Right Fit job. Do not endure intolerable work conditions. I have mentored clients who came to me because of extreme work stress. They had even been hospitalized because of the severity of the stress. You do not want that to happen to you. You cannot deny work stress. In some situations, the "fit" can be fixed by changing supervisors when that is the cause.

If you are working in a prison-type environment, search for the Right Fit job right now. Ideally, try to capture that job, and then resign.

Being employed is a plus when you search for a new job. Do not discuss the work environment of your current employer with your next employer. Never disclose your next employer to your current employer.

Who Has Internal Controls?

Both businesses and individuals need internal controls. Businesses set the stage for failure, if they lack internal financial controls. Money disappears because controls are not in place. One business owner told me he is leaking money. Individuals need a wide array of controls to be happy, successful, and healthy. By following my advice and adopting the strategies I recommend, you can reduce your stress and change the trajectory of your life.

Upcoming seminar: "Conquering Stress With Dr. Arlene Ignites Success," on Oct.18. See more on the Conquering Stress page at www.winwithoutcompeting.com.

Questions? Email drbarro@barroglobal.com. Responses could appear in her next column.

Dr. Arlene Barro, the creator of the Right Fit Method, is a UCLA-trained behavioral educational psychologist and professional speaker. She is the author of WIN Without Competing!, a business, career, and personal strategist and founder/CEO of barro global search, inc. on 10940 Wilshire Blvd., Westwood. Episodes of her radio show are available at www.winwithoutcompeting.com.