

THE WARBLER

AN EDUCATIONAL WEEKLY

ISSUE

75

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2021



Dear Student, Artist, Thinker,

An important focus for APAEP is bringing new ideas and information for your consideration. There is so much to learn about the human mind and body. This newsletter will focus on the topic of **stress and coping**. Stress is a normal part of life that can either help us learn and grow or can cause us significant problems.

Stress releases powerful hormones that prepare us for action (fight or flee). If we don't act, the stress response can create or worsen health problems. Prolonged, uninterrupted, unexpected stresses are the most damaging. Stress can be managed by seeking support from trusted friends and regular exercise.

Not all types of stress are harmful or even negative. Eustress feels fun and exciting. It's known as a positive type of stress that can keep you energized. It's associated with surges of adrenaline, such as when you are playing an intense game of basketball.

Although stress is inevitable, it can be managed through good coping skills. You can't always change what causes you stress, you can shift how you respond in stressful situations.

- **Learn to recognize the signs of burnout.** High levels of stress may place you at a high risk of burnout. Burnout can leave you feeling exhausted and apathetic. When you start to feel symptoms of emotional exhaustion, it's a sign that you need to take a time-out and re-evaluate what is necessary and what is not.
- **Try to get regular exercise, if able.** Physical activity has a big impact on your brain and your body. Whether you enjoy weightlifting or basketball, exercise reduces stress and improves many issues associated with having a strong body and mind.
- **Take care of yourself as best you can.** Incorporating regular self-care activities into your daily life is essential to stress management. This can be as simple as basic meditation — pausing where you are and focusing on your breath, or perhaps writing in a journal. Learn how to take care of your mind, body, and spirit, and discover how to equip yourself to respond to everyday stresses.

We hope you enjoy the articles that follow.

Amy



“The greatest weapon against stress is our ability to choose one thought over another.”

WILLIAMS JAMES // American philosopher, historian, and psychologist



WORDS INSIDE

FROM “THE SURPRISING RELATIONSHIP ...”

interval | a space between objects, units, points, or states

hindrance | a person or thing that interferes with or slows the progress of someone or something

FROM “WHAT IS THE STRESS ...”

homeostasis | a relatively stable state of equilibrium between the different but interdependent elements of an organism, population, or group

cumulative | formed by the addition of new material of the same kind; increasing in severity with repetition

secrete | (of a cell, gland, or organ) produce and discharge (a substance)

parasympathetic | relating to the part of the automatic nervous system consisting of nerves arising from the brain and the lower end of the spinal cord and supplying the internal organs, blood vessels, and glands

THIS ISSUE WAS CURATED BY A FRIEND OF APAEP. GUEST CURATORS INCLUDE INSTRUCTORS, TUTORS, FRIENDS, AND LEARNERS WHO ARE PART OF THE BROADER APAEP COMMUNITY (FOR WHOM WE ARE GRATEFUL!)



BIOLOGY

What is the Stress Response?

BY DR. SAUL MCLEOD | SimplyPsychology.org | 2010

Stress is a biological and psychological response experienced on encountering a threat that we feel we do not have the resources to deal with. A stressor is the stimulus (or threat) that causes stress, e.g. exam, divorce, death of loved one, moving, or loss of job.

Sudden and severe stress generally produces:

- Increase in heart rate
- Increase in breathing (lungs dilate)
- Decrease in digestive activity (don't feel hungry)
- Liver releases glucose for energy

Firstly, our body judges a situation and decides whether or not it is stressful. This decision is made based on sensory input and processing (i.e. the things we see and hear in the situation) and also on stored memories (i.e. what happened the last time we were in a similar situation).

If the situation is judged as being stressful, the hypothalamus (at the base of the brain) is activated. The hypothalamus in the brain is in charge of the stress response. When a stress response is triggered, it sends signals to two other structures: the pituitary gland, and the adrenal medulla. These short-term responses are produced by The Fight or Flight Response via the Sympathomedullary Pathway (SAM). Long term stress is regulated by the Hypothalamic Pituitary-Adrenal (HPA) system.

The Hypothalamic Pituitary-Adrenal (HPA) System

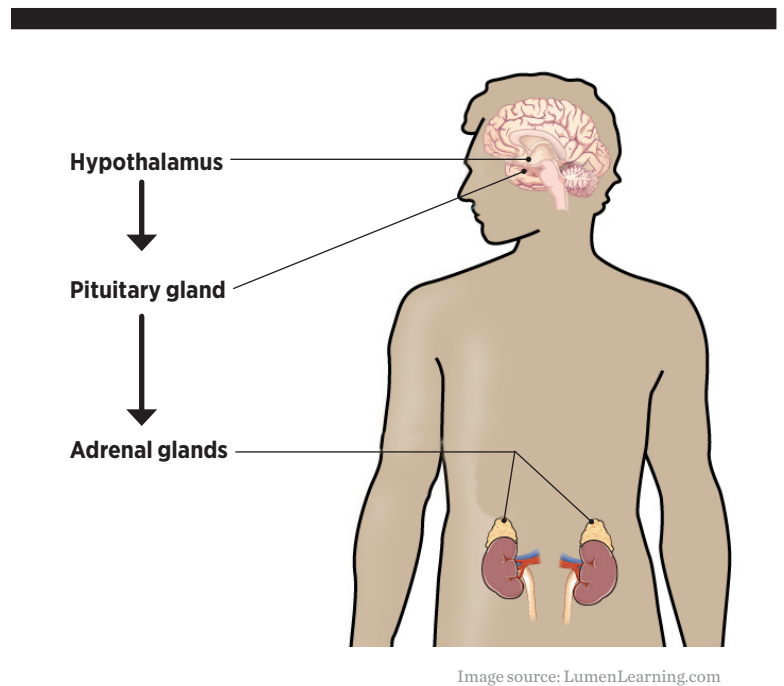
- The stressor activates the Hypothalamic Pituitary Axis
- The hypothalamus stimulates the pituitary gland
- The pituitary gland secretes adrenocorticotropic hormone (ACTH)
- ACTH stimulates the adrenal glands to produce the hormone corticosteroid
- Cortisol enables the body to maintain steady supplies of blood sugar
- Adequate and steady blood sugar levels help a person to cope with prolonged stressor, and helps the body to return to normal

The adrenal cortex releases stress hormones called cortisol. This has a number of functions including releasing stored glucose from the liver (for energy) and controlling swelling after an injury. The immune system is suppressed while this happens.

Sympathomedullary Pathway (SAM)

The hypothalamus also activates the adrenal medulla. The adrenal medulla helps maintain stability among the

body's systems. These activities are generally performed without conscious control. The adrenal medulla also secretes the hormone adrenaline. This hormone gets the body ready for a fight or flight response. Physiological reaction includes increased heart rate.



Adrenaline leads to the arousal of the sympathetic nervous system (what controls the body when you are alert) and reduced activity in the parasympathetic nervous system (what controls the body when you are relaxed). Adrenaline creates changes in the body such as decreases (in digestion) and increases sweating, increased pulse and blood pressure.

Once the 'threat' is over the parasympathetic branch takes control and brings the body back into a balanced state. No ill effects are experienced from the short-term response to stress and it further has survival value in an evolutionary context. ●



THE TERM "STRESS" DERIVES FROM THE LATIN *STRINGERE* (TO DRAW TIGHT).

🕒 Edited for clarity

HEALTH & WELL BEING

When Stress Is Actually Good for You

BY ELIZABETH SCOTT, MS | VeryWellMind.com | June 28, 2020

We rarely hear people say, “I’m really feeling stressed. Isn’t that great?” But if we didn’t have some stress in our lives—the “good stress” variety—we’d feel rudderless and unhappy. If we define stress as anything that alters our homeostasis, then good stress, in its many forms, is vital for a healthy life. Bad stress can even turn into good stress, and vice versa.

Good Stress vs. Bad Stress

“Good stress,” or what psychologists refer to as “eustress,” is the type of stress we feel when we are excited. Our pulse quickens and our hormones surge, but there is no threat or fear. We feel this type of stress when we are excited for something to happen or do whatever that exciting thing is. There are many triggers for this good stress, and it keeps us feeling alive and excited about life.

Another type of stress is acute stress. It comes from quick surprises that need a response. Acute stress triggers the body’s stress response as well, but the triggers aren’t always happy and exciting. This is what we normally think of as “stress” (or “bad stress”). Acute stress in itself doesn’t take a heavy toll if we find ways to relax quickly. Once the stressor has been dealt with, we need to return our body to homeostasis, or its pre-stress state, to be healthy and happy.

Chronic stress is another form of bad stress. It occurs when we repeatedly face stressors that take a heavy toll and feel inescapable. This is what we normally think of as serious stress. Because our bodies aren’t designed for chronic stress, we can face negative health effects (both physical and emotional) if we experience chronic stress for an extended period of time.

Sources of Good Stress

Yes, you can add good stress to your life! Ideally, you choose activities and set goals that make you feel good, happy, and excited. To gauge whether or not an activity is worth your time, pay attention to how the thought of it makes you feel. Do you feel excited? Is it a “want to,” or a “have to”? Be sure your “want to” activities are all things you really do want to do, and your “have to” activities are all absolutely necessary.

How Good Stress Can Become Bad Stress

Good stress can become bad for you if you experience too much of it. This is because your stress response is triggered either way, and if you’re adding that to chronic stress, or several other stressors, there is a cumulative effect. Be in tune with yourself and

acknowledge when you’ve had too much. You may not be able to eliminate all stress, but there are often ways that you can minimize or avoid some of the stress in your life, and this can make it easier to handle the rest.

How Bad Stress Can Become Good Stress

Not all forms of bad stress can become good stress, but it is possible to change your perception of some of the stressors in your life. This shift can change your experience of stress. The body reacts strongly to perceived threats. If you don’t perceive something as a threat, there is generally no threat-based stress response. If you perceive something as a challenge instead, the fear you would normally experience may turn into excitement and anticipation, or at least resolve. You can often make the shift in perception by:

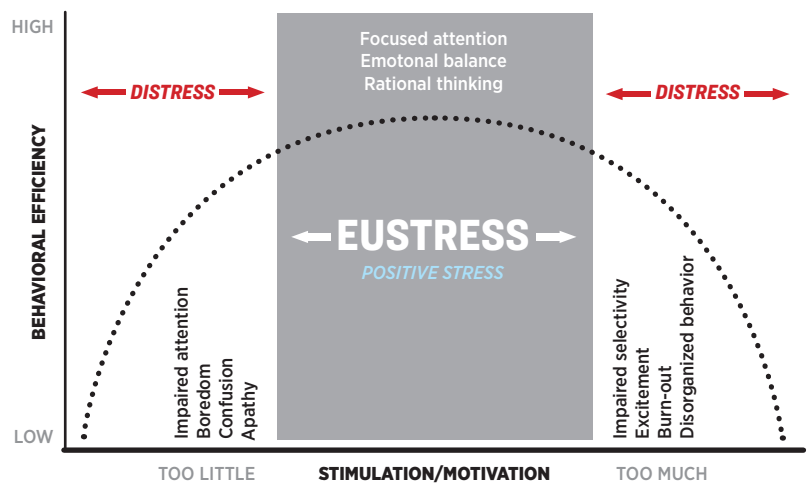
- Focusing on the resources you have to meet the challenge
- Seeing the potential benefits of a situation
- Reminding yourself of your strengths
- Having a positive mindset (getting into the habit of thinking like an optimist)

As you practice looking at threats as challenges more often, it becomes more automatic, and you experience more good stress and less bad stress.

A Word from Verywell

Overall, it’s important to have good stress in your life. Make an effort to cut out as much chronic stress as possible. Change your perception of stress where you can, and add positive activities to promote eustress. Together, these strategies help you create a healthy balance in your life. ●

● Edited for space and clarity



MATHEMATICS

Sudoku

#149 PUZZLE NO. 2081174

			8					
6							4	
				3	4	1		
	6	8	3	9			5	
	2		5					4
	9	5						
	5			6	9			2
2		4						
	8			1				3

©Sudoku.cool

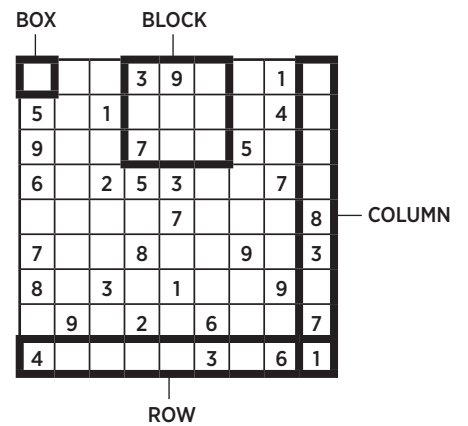
#150 PUZZLE NO. 2921695

	4						8	
	5		3					
9			2	5		1		
4				2				
	1	6						
			9		6			
		3		9		7		
5	6				4		9	
					5		3	8

©Sudoku.cool

SUDOKU HOW-TO GUIDE

1. Each block, row, and column must contain the numbers 1-9.
2. Sudoku is a game of logic and reasoning, so you should not need to guess.
3. Don't repeat numbers within each block, row, or column.
4. Use the process of elimination to figure out the correct placement of numbers in each box.
5. The answers appear on the last page of this newsletter.



What the example will look like solved

2	4	8	3	9	5	7	1	6
5	7	1	6	2	8	3	4	9
9	3	6	7	4	1	5	8	2
6	8	2	5	3	9	1	7	4
3	5	9	1	7	4	6	2	8
7	1	4	8	6	2	9	5	3
8	6	3	4	1	7	2	9	5
1	9	5	2	8	6	4	3	7
4	2	7	9	5	3	8	6	1



“In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.”

FRED ROGERS // American television host, producer, and Presbyterian minister

DID YOU KNOW?

In 2009, the **top most stressful jobs** were a surgeon, commercial airline pilot, photojournalist, advertising account executive, and real estate agent. The least stressful jobs were actuary, dietitian, astronomer, systems analyst, and software engineer.

Chinese stress balls (*Baoding* balls) were created during the Ming Dynasty (1368-1644) in Baoding, China. Originally made of iron, the balls are thought to relieve stress because they touch pressure or acupuncture points on the hand.

Scientists suggest that stress is part of the evolutionary drive because it has **enabled humans to survive**. Specifically, stress temporarily increases awareness and improves physical performance.

An early record of **post-traumatic stress syndrome** dates from the eighth century B.C. in Homer's *Iliad* when Achilles suffers severe battle stress in the Trojan War. Achilles complains of feeling emotionally "numb" or "dead."

Source: factretriever.com/stress-facts



FALSEKNEES©2020

Idiom

“Burn the candle at both ends”

Meaning To live at a hectic pace

Origin Our current understanding of this phrase is of a life lived frenetically and unsustainably—Candles were useful and valuable and the notion of waste suggested by lighting both ends at once implied reckless waste. This thought may well have been accentuated by the fact that candles may only be lit at both ends when held horizontally, which would cause them to drip and burn out quickly.

Nathan Bailey defined the term in his *Dictionarium Britannicum*, 1730, by which time the phrase had already been given a figurative interpretation and the ‘both ends’ were a husband and wife:

“The Candle burns at both Ends. Said when Husband and Wife are both Spendthrifts.”

The phrase derives from an earlier French version. Randle Cotgrave recorded it in *A Dictionarie of the French and English Tongues*, 1611:

“Brusler la chandelle par les deux bouts.” [To burn the candle by the two ends]

Source: <https://phrases.org.uk>



WHILE IT IS A MYTH THAT STRESS CAN TURN HAIR GRAY, STRESS CAN CAUSE **HAIR LOSS**. IN FACT, *TELOGEN EFFLUVIUM* (HAIR LOSS) CAN BEGIN UP TO THREE MONTHS AFTER A STRESSFUL EVENT.



LAUGHING LOWERS STRESS HORMONES (LIKE CORTISOL, EPINEPHRINE, AND ADRENALINE) AND STRENGTHENS THE IMMUNE SYSTEM BY RELEASING HEALTH-ENHANCING HORMONES.

ART + CULTURE

Starlings in Winter

BY MARY OLIVER

Chunky and noisy,
But with stars in their black
Feathers,
They spring from the telephone wire
And instantly

They are acrobats
In the freezing wind.
And now, in the theater of air,
They swing over buildings,

dipping and rising
they float like one stippled star
that opens,
becomes for a moment fragmented,

then closes again
and you watch and you try
but you simply can't imagine

how they do it
with no articulated instruction,
no pause,
only the silent confirmation
that they are this notable thing,

this wheel of many parts, that
can rise and spin
repeatedly,
full of gorgeous life.

Ah, world, what lessons you prepare for us,
Even in the leafless winter,
Even in the ashy city,
I am thinking now
of grief, and of getting past it.

I feel my boots
Trying to leave the ground,
I feel my heart pumping hard. I want
To think again of dangerous and

noble things.
I want to be light and frolicsome.
I want to be improbably
Beautiful and afraid of nothing,
as though I had wings.

Mary Oliver is a modern American poet, who received the National Book Award and the Pulitzer prize. *The New York Times* described her as “undoubtedly the bestselling poet.” Mary was born in 1935 in Maple Heights Ohio, the semi-rural suburb of Cleveland. Mary began to write poems at the age of 14. In 1984, her collection of poetry “American Primitive” was awarded the Pulitzer prize. In 1986, she became the poet in residence at Buckness University. She is known for her clear and acute observance of the world of nature.

WRITING PROMPT

Setting aside the stresses and worries about our lives can seem impossible at times, but everyone’s mind can use a break now and again. Write a poem in which you step outside of yourself—as a flock of birds, as a dolphin, as a passing cloud, or as something else in your imagination. What new things do you focus on? What becomes “beautiful, dangerous, or noble”?



Word Search

W	S	S	T	F	H	S	P	L	L	I	E	T	O
A	A	S	T	T	E	P	I	U	E	R	E	T	O
C	R	T	N	A	A	A	F	E	I	F	G	G	S
R	W	L	C	E	R	I	T	W	T	A	T	A	F
O	I	G	R	H	T	G	I	H	N	O	B	L	E
B	N	T	N	U	S	G	N	L	E	E	O	T	H
A	G	H	A	S	W	U	N	I	N	R	E	E	E
T	S	E	W	I	N	T	E	R	P	L	S	N	T
S	B	A	G	R	E	F	I	O	E	P	I	N	G
S	O	T	N	R	N	A	L	P	L	G	I	T	N
R	A	E	I	H	W	L	H	O	A	I	H	D	I
E	I	R	R	I	I	O	E	M	A	I	F	I	S
D	C	W	P	N	N	T	I	O	P	T	E	E	I
D	A	R	S	E	E	G	W	I	N	D	G	I	R

- | | | | |
|----------|---------|-----------|-----------|
| SPRING | NOBLE | HEART | ACROBATS |
| WINTER | LIFE | WINGS | FLOAT |
| WIRE | THEATER | TELEPHONE | BEAUTIFUL |
| IMAGINE | WIND | DIPPING | STAR |
| FEATHERS | RISING | WATCH | |

LIFE SKILLS

7 Ways Successful People Push through Adversity

BY DEEP PATEL | Entrepreneur.com | September 10, 2018

We all face adversity from time to time, but some of us can flourish when things get difficult, while others seem to struggle getting out of bed in the morning. Some people have found a way to jump hurdles and navigate around roadblocks that would stop others completely.

How is it that some people can bounce back and find a way to overcome misfortune and defeat? For one, they don't allow themselves to become overwhelmed with negative emotions or thoughts. They take time to process what they've been through, then they resume moving forward. Their mental fortitude lifts them up to seek opportunities instead of dwelling in despair.

If you want to find a way to continue to grow in the hardest of times, read on. Here are 7 ways to push through adversity even when facing disaster.

1. Find your sense of humor. They say laughter is the best medicine. It's your body's way of coping with stress, releasing tension and resetting your brain to be more positive. A good chuckle will release endorphins and dopamine, nature's feel-good chemical.

It might seem unthinkable to find anything funny when you're struggling from one of life's blows. But sometimes just stepping back and seeing the humor of the situation can help lighten your mood and allow you to move forward. Finding your sense of humor when facing adversity is a healthy way to build resilience, no matter how bad your situation.

2. Be mentally prepared. What would your plan of action would be if a crisis hit? Running through potential disasters on a regular basis builds mental strength and flexibility to overcome mishaps or catastrophes in real life. It doesn't mean you should dwell on negative possibilities. But if the worst happens, having thought through how you'd react will keep you from panicking and help you stay calm and rational. It won't feel so frightening because you won't be caught completely off guard.

3. Take stock of all you've been through already. You've been in tough times before. How did you overcome adversity that time? What got you through?

Author Maya Angelou said "We may encounter many defeats, but we must not be defeated. It may even be necessary to encounter the defeat, so that we can know who we are. So that we can see, oh, that happened, and I rose. I did get knocked down flat in front of the whole world, and I rose. And then that's how you get to know yourself."

4. Embrace adversity as a chance for opportunity. Life is full of adversity and struggle. It's through difficult

times that we learn the most important lessons in life and build resilience. Adversity often presents opportunities we might otherwise miss. Now is your chance to dig deep and face this obstacle head on. Focus on areas that are within your control and ask yourself what more you can do next time.

5. Refuse to give up. To overcome a crisis, you need to fully commit to finding a way forward. You must approach the problem determined and motivated. This will create a mindset where you look at adversity as something to be overcome and solved, not passively accepted. Sometimes dilemmas and obstacles are a chance to create alternative paths, to dream bigger, to push forward and take even larger leaps.

Michael Jordan has famously said, "I've missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot, and I missed. I have failed over and repeatedly in my life. And that is why I succeed." If you refuse to give up, you will always go further than you expected.

6. Have a purpose. When life gets tough, it helps to have a crystal-clear idea of what is important. If you have purpose and passion, you'll be motivated to keep pushing through adversity. Sometimes things happen beyond your control, and that can knock the wind out of your sails. But if you're working on something meaningful to you, you'll always find a way back to it.

7. Believe in your capabilities. People who rebound from adversity begin by believing they can find a way forward. You must have self-confidence and a strong belief in your capabilities to overcome difficult times. You must be open minded and willing to leverage your talent, know-how and ingenuity to overcome adversity. ●



IN SHAKESPEARE'S HENRY IV, LADY PERCY'S DESCRIPTION OF HER BATTLE-WORN HUSBAND, HARRY HOTSPUR, IS SURPRISINGLY SIMILAR TO THE SYMPTOMS OF ACTUAL POST-TRAUMATIC SYNDROME, SUCH AS FEELING ESTRANGED FROM OTHERS, DIFFICULTY SLEEPING, EXHIBITING AN EXAGGERATED STARTLE, DYSPHORIA, AND STRONG ANXIETY.

WORD PLAY A Rebus puzzle is a picture representation of a common word or phrase. How the letters/images appear within each box will give you clues to the answer! For example, if you saw the letters "LOOK ULEAP," you could guess that the phrase is "Look before you leap." *Answers are on the last page!*

<p>HARM HARM HARM HARM GOOD</p>	<p>FAR WALK FAR WALK</p>	<p>Potatoes Potatoes Potatoes</p>
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SCIENCE

The Surprising Relationship Between Stress and Creativity

BY BRADEN BECKER | Blog.Hubspot.com | February 6, 2018

Thomas Edison grossed 1,093 patents over the course of his career. He was also reportedly fired from his first two jobs for not being productive. Huh?

Popular opinion might say that's because creativity needs both stimulation and room to breathe. These workplaces were likely either uninteresting or too stressful, preventing Edison from flapping his inventive wings toward the problems he wanted to solve.

But this might not be the case. As it turns out, stress and creativity aren't always mutually exclusive. The stressed, many-hats-wearing employee could actually be the most innovative one in the office.

Here are three different kinds of stress, their connection to creativity, and how your career could be on the verge of the most inventive work you've ever done with just the right type and amount of stress.

1. The 'Task-Switching' Stress

In a recent behavioral study conducted by Columbia Business School, researchers had participants engage in creative brainstorming for multiple projects while using one of three work styles. Some could change projects whenever they wished, others split their focus in half, and a third group continuously shifted to a different project at a set interval.

And the most original team was ... Group three! So-called "task-switching," although much faster-paced, shakes up the thought process before it hits a wall — and it often does.

"When attempting problems that require creativity, we often reach a dead end without realizing it," the study's authors explain in Harvard Business Review. "Regularly switching back and forth between two tasks at a set interval can reset your thinking, enabling you to approach each task from fresh angles."

Frequently changing gears forces you to change your view of each task as you revisit it. This style of working fosters more creativity and avoids the "rigid thinking" that occurs when you focus for too long on the same project. You know what this feels like: the mental block from writing, designing, analyzing, or thinking about one thing so hard, you exhaust the subject.



Changing the subject refreshes your view of each undertaking, curing this classic problem. In other words, Thomas Edison's creativity likely has a direct correlation to the size of his patent list ...

Task-switching says a diverse workload can make you more efficient and effective. Think about it: The more creative assignments you have on your plate, the broader your mental canvas, and the more opportunities you'll have for inspiration as you shift back and forth between each design or video you're working on.

2. The 'Meaningful' Stress

Recently, two Chinese psychologists published a study about job stressors and their effect on the creativity of more than 280 employees in various businesses. What they found is that not all stress hampered good ideas. The stressors that were seen as constructive and challenging to an employee's goals and development had a direct link to idea generation. On the other hand, the stress that was seen as a hindrance to those goals did the opposite.

What made the difference? The first stressor holds meaning to an employee, and it's another way stress can make us more creative.

Teresa Amabile, professor at Harvard Business School, explains this idea in her book "The Progress Principle." She suggests there are four stress conditions where you'd feel the heat:

1. "On a treadmill" | Your work is high-pressure but low in meaning.
2. "On autopilot" | Your work is low-pressure and low in meaning.
3. "On an expedition" | Your work is low-pressure but high in meaning.
4. "On a mission" | Your work is high-pressure and high in meaning.

Both "on a treadmill" and "on autopilot" are highly repetitive work environments and therefore less engaging — requiring little creativity. However, "on an expedition" and "on a mission" are more goal-oriented and more meaningful to you as a result. That meaning is precisely what kindles creativity, according to Amabile.

When people reach goals they consider meaningful,

"Doing something that is productive is a great way to alleviate emotional stress. Get your mind doing something that is productive."

ZIGGY MARLEY //
Jamaican musician
and philanthropist

Amabile writes in her book, they “feel good, grow their positive self-efficacy,” and “get even more revved up to tackle the next job.”

The relationship between stress and creativity here depends on how you perceive the stress you’re under at any given time. Is it connected to a goal you find meaningful? Does it push you to accomplish this goal? If so, that little dose of stress may be helping you think outside the box and grow your career.

Having goal metrics chained to you may not be the most comfortable, but they’re a positive form of stress that can actually inspire some of the most creative problem-solving approaches over the course of your career.

3. The ‘Deadline’ Stress

Perhaps the most common work stressor of all, time constraints are the plague of everyone who’s paid to do anything. But as the above two scenarios prove, certain amounts of pressure are important to keeping a creative task moving forward.

For this third stressor, let’s look at a case study by Amabile detailed in “The Progress Principle,” wherein she surveyed creative teams from seven companies across three industries. She found that although tight deadlines did hinder creativity, so did mild deadlines. Spoiler alert: The third situation—moderate deadlines—produced the best ideas.

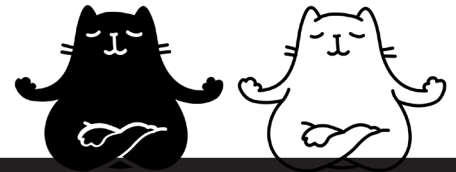
The first situation carried a tight deadline where people were performing high-pressure, low-meaning “treadmill” work. These employees’ efforts simply weren’t making an impact, and therefore they didn’t see enough meaning in the work to think creatively. They faced crises, ad-hoc tasks, and the proverbial fire drills that kept them busy but no closer to finishing their core project.

Mild deadlines were the detriment of creative thinking as well, particularly if they allowed people to fade into large project teams, trail off to assist others, or stew for too long over the same assignment (remember “task-switching”?).

This brings us to Amabile’s main finding: Workers who were under a low to moderate deadline — the middle option between “tight” and “mild” — showed the most creativity across each organization, followed by those under tight deadlines. The stress of a due date may not be exciting, but a time-sensitive environment can give your work the focus it deserves and help you fend off the distractions that can derail an inspired train of thought.

“If people and companies feel that they have a real deadline, they understand it, they buy into it,” Amabile wrote in a Forbes article. “They understand the importance of what they’re doing, and the importance of doing it fast — and if they’re protected ... so they can focus, they’re much more likely to be creative.”

Don’t let an article that welcomes stress, well, stress you out. The relationship between stress and creativity is a complex one, and any one of these stressors in excess can ruin creativity. Too much pressure, too many tasks at once, and assignments with too short of a turn-around can all cripple the final product. Keep in mind that breaks as you need them are just as healthy as the constraints of the project itself. ●



RANDOM-NEST

Mindfulness & Anxiety

FROM *ANXIETY FOR PEOPLE IN PRISON: A SELF-HELP GUIDE*
PENNINE CARE NHS FOUNDATION TRUST | 2016

This is a slightly different approach to managing anxiety.

Mindfulness is a form of meditation that involves being totally in the present moment.

The following mindful breathing exercise may be useful:

- ▶ Find a quiet space where you won’t be disturbed. Sit comfortably, with your eyes closed or lowered and your back straight.
- ▶ Bring your attention to your breathing.
- ▶ Notice the natural, gentle rhythm of your breathing as you breathe in and out, and focus only on this.
- ▶ Thoughts will come into your mind, and that’s okay, because that’s just what the mind does. Just notice those thoughts, then bring your attention back to your breathing.
- ▶ You may notice sounds, physical feelings, and emotions, but again, just bring your attention back to your breathing.
- ▶ Don’t follow those thoughts or feelings, don’t judge yourself for having them, or analyze them in any way. It’s okay for the thoughts and feeling to be there. Just notice them, and let them drift on by. Bring your attention back to your breathing.
- ▶ Whenever you notice that your attention has drifted off and is becoming caught up in thoughts or feelings, simply note this has happened, and then gently bring your attention back to your breathing.
- ▶ Thoughts will enter your awareness, and your attention will follow them. No matter how many times this happens, just keep bringing your attention back to your breathing. If you are very distracted, it might help to say “in” and “out” as you breathe.

The more you can practice this exercise, the more it will help you to manage your anxiety. At least 15-20 minutes a day is recommended.



WORDS OF ENCOURAGEMENT

I spend my days working in a large hospital system here in Nashville, Tennessee. Over a year ago, we, along with the rest of the world learned about the COVID virus. This mysterious virus had even the world's best scientists stumped. There was so much we did not understand in those early days.

Overnight procedures had to be reworked so that we could continue to serve our patient healthcare needs while keeping everyone safe. We innovated new approaches for communicating and treating patients. The challenge of the pandemic seemed to energize everyone and old tensions between departments melted away as we rose to the occasion to learn about the virus and keep our promise to provide our patients with the very best care.

By mid-summer 2020 we realized that this was not going to be a "sprint," but rather a "marathon." We knew that we had to keep vigilant and take the necessary steps to care for one another, not just our patients. Now as the months add up to more than a year — it has become clear that we are all connected in this challenge.

Some of us may wonder if this pandemic will ever be over. I am beginning to realize that things will never be the same — *if we are lucky*. We are one humanity and we know this in such real terms now. This virus will only be contained if we all take steps to ensure the health of all people on every continent. You are a part of interdependent web of life as we gain new ways of caring for ourselves and one another to protect all that is precious across this great planet.

Amy

Answers

SUDOKU #149

5	4	9	8	2	1	6	3	7
6	3	1	9	5	7	2	4	8
8	7	2	6	3	4	1	9	5
4	6	8	3	9	2	7	5	1
1	2	3	5	7	6	9	8	4
7	9	5	1	4	8	3	2	6
3	5	7	4	6	9	8	1	2
2	1	4	7	8	3	5	6	9
9	8	6	2	1	5	4	7	3

SUDOKU #150

7	4	2	1	6	9	3	8	5
6	5	1	3	4	8	9	7	2
9	3	8	2	5	7	1	4	6
4	7	9	5	2	1	8	6	3
8	1	6	4	7	3	5	2	9
3	2	5	9	8	6	4	1	7
1	8	3	6	9	2	7	5	4
5	6	7	8	3	4	2	9	1
2	9	4	7	1	5	6	3	8

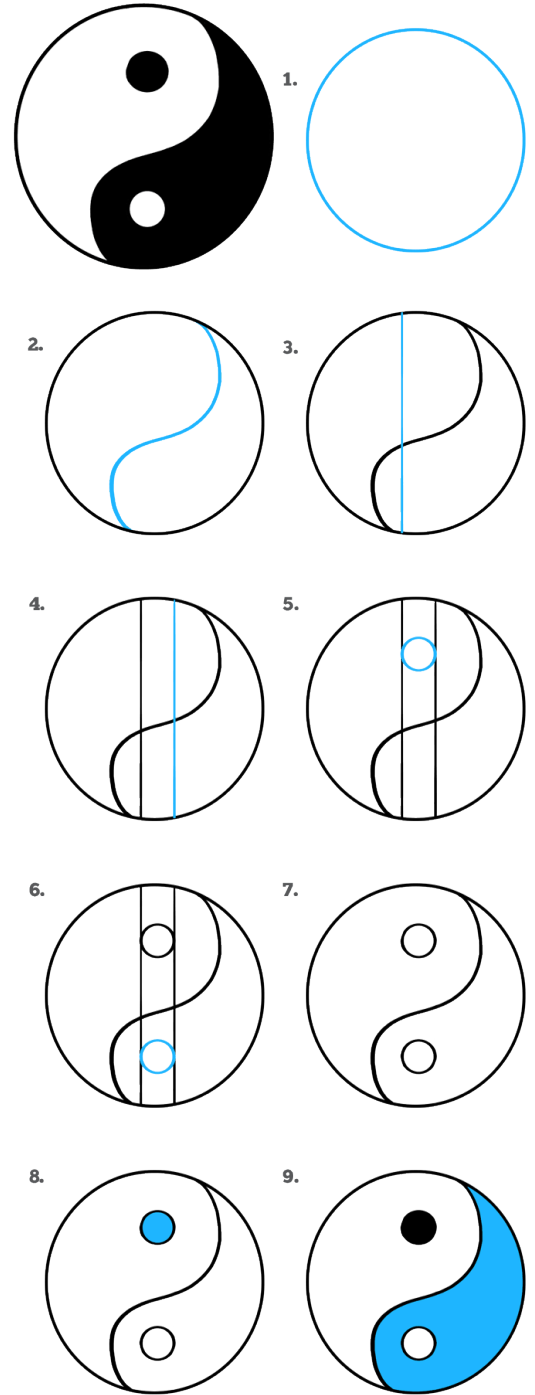


Rebus Puzzle Page 3

1. More harm than good
2. Too far to walk
3. Small potatoes



HOW TO DRAW THE YIN YANG SYMBOL



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Send ideas and comments to:

APAEP
1061 Beard-Eaves
Memorial Coliseum
Auburn University, AL 36849