

VFO Holds Stress Management Seminar.

Stress is a person's physical and emotional reaction to change. Positive stress helps us to concentrate, focus and perform and can often help us to reach peak efficiency. Negative stress causes us to stay "geared up".

There are three types of stress: physical, mental and emotional. When it comes to stress categorization, people are either "**speed freaks**" - who seem unable to slow down, "**worry warts**" - who spend much energy worrying over everything in life, "**basket cases**" - who always feel drained at the end of the day or "**cliff walkers**"- who practice a lifestyle of chronic self-abuse and self-indulgence. These were among the many concepts learned during the two day stress management seminar attended by 30 VFO staff on August 15 and 16, 2013.

Held at the Badiang Resort, in Valencia, Bohol, the stress management seminar which started with a dance exercise, was facilitated by Trainer Faith Castro-Brazil, who encouraged the participants to share about themselves and encouraged others to keep going despite the stresses and "crosses" they have to bear and live with.