

Managing Pain, Stress Becomes New Medical Focus

*Continued from page 21

ing common terms such as worry, impatience, fear, or anger, leading to "stressed-out," or "stress-related" bases for poor performance. It was speculated to be a factor in a variety of illnesses.

Stress is now becoming recognized as how people respond to demands. A practical definition: When the problems presented by everyday life exceed your resources for cop-

ing with them, you feel stressed. Recent psychological studies of people who respond to demanding situations without losing their sense of well-being are helping to define the "stress-resistant" person.

In a comparison of coping styles of students with the most and the fewest episodes of illness during a given period, one study showed that those who reported little illness tended to maintain reasonable personal control in

their lives. If a problem came up, they would look for resources or try potential solutions. People who approached problems passively tended to be ill more frequently. Goal-oriented individuals did better in careers, community activities, hobbies, setting goals in physical fitness, and maintaining a disciplined regimen of exercise.

Choices in lifestyle clearly enhance the ability to cope with stress. Minimum use of

substances such as nicotine and caffeine reflects the "take charge" attitude associated with coping. People who are most vulnerable to stress are most likely to complain they don't have time to relax and tend to be more socially isolated. People who deal well with stress tend to seek out other people who are active and have positive attitudes.

In a large group study, 80 percent of a low-illness group engaged in regular aerobic exercise, whereas only 20 percent of the vulnerable group did so. There are several ways that exercise can ease stress. According to the American Council on Exercise, anxiety is diminished following exercise and the electrical impulses measured in muscles decrease; one exercise session generates as much as 90 to 120 minutes of relaxation response, often described as a post-exercise high. Exercise makes you feel better about yourself and self-worth contributes to stress relief.

Surely, certain jobs are associated with higher degrees of stress than others, and certain lifestyles compromise good health. It is now becoming clear that stress-resistance can be pursued successfully by problem-solving approaches to unpleasant situations, healthy social bonding, dedicated time for relaxation, and maintenance of a regular physical exercise regimen.

There has to be a conscious decision that, although one may not be able to change or eradicate the factors causing stress, accepting that there is stress is the first step. Combating stress is the next. Relaxation and the pursuit of simple pleasures is one way—to smell the roses, to take a walk, to see a movie, to get away from it all. The other may be to face it head on—"Get with it, get a life!"

Dr. Silva is a professor of surgery at Wayne State University and a resident of Woodbluff on Mackinac Island.



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SURREY RIDGE CONDOS



Unit #6 - 1st Floor beautifully furnished condo featuring 2 bedrooms, 2 baths with limited views of water and lighthouse. Close to Fort & Grand Hotel. **\$315,000**

Unit #7 - 1,200 sq. ft. upper unit located close to town, near Grand Hotel & golf courses featuring 3 bedrooms, 2 baths & fully furnished. **\$325,000**

Unit #8 - Upper end unit featuring 1,300 sq. ft. with 3 bedrooms, 2 baths & a finished loft! Is fully furnished and has limited view of lake and lighthouse. **\$339,000**

STONECLIFFE CONDOS



JUST LISTED! Sandlewood #1, 2 & 3 - Waterview condo 2-bedrooms, 3-full bathrooms, good rental income, fully furnished. **\$329,000**

PINEWOOD BLDG #10, 11 & 12 2 bedroom condo w/loft, 4 baths, beautiful views! **\$419,900** furnished

OAKWOOD CONDO #1 1 BR, fully furnished condo with great water views, featuring large deck, Jacuzzi & fireplace. Good rental history. **\$280,000**

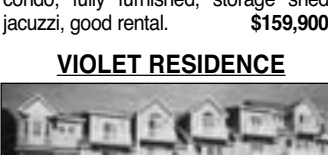
OAKWOOD CONDO #2 1 BR, fully furnished, full kitchen, 2 storage sheds. **JUST LISTED \$249,900**

PINEWOOD CONDO #1, 2 & 3 2 BRs, 3 baths, lower unit, fully furnished, good rental income, great views. **\$339,000**

PINEWOOD CONDO #4, 5 & 6 Waterview condo with main living area & 2 lock-off side units, good rental income, fully furnished. **Reduced to \$339,000**

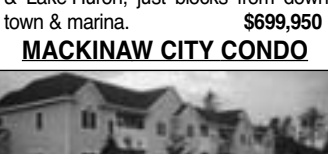
OAKWOOD BLDG. Unit 10 - Efficiency condo, fully furnished, storage shed, jacuzzi, good rental. **\$159,900**

VIOLET RESIDENCE



UNIT #7 - 3 BRs, 4 baths, multiple decks, walk-in closets, fully appointed kitchens, sunrise views overlooking Mission Point's Executive Putting Green & Lake Huron, just blocks from downtown & marina. **\$699,950**

MACKINAW CITY CONDO



MACKINAW CITY The Shores of Mackinaw - 2BR, 2 bath 1,336 sq. ft. fully furnished condo with great views of Mackinac Island and Straits. Featuring fireplace, 1 car garage, appliances. **Reduced to \$219,000**

VACANT LOTS

STONEBROOK

Located approximately 2 miles northwest of town. Six beautifully wooded 2nd tier lots and one waterfront lot. Shared common areas with 2 waterfront decks for back lot owners. Paved, lit streets with City water and sewer. **Priced from \$139,900**

FOREST RIDGE -

Semi-wooded homesites located on West side of Island overlooking Lake Huron, Mackinac Bridge and Straits. Paved streets, city water and close to Woods Golf Course and Restaurant.

Lot 8 90'x161' \$219,000
Lot 10 130'x150' \$219,000

FOREST BLUFF -

Large beautifully wooded homesites with views of water and bridge. Some adjacent to golf course.

Lot 1 \$225,000 Lot 5 \$199,000
Lot 2 \$225,000 Lot 6 \$250,000 sp
Lot 3 \$225,000 Lot 7 \$145,000
Lot 4 \$225,000

WOODBUFF SUBDIVISION

4 Lots for Sale - Nicely Wooded - 2 with Waterviews Near Woods Golf Course & Stonecliffe.

Lot 1 SOLD \$100,000 Lot 14-\$120,000
Lot 15-\$120,000 Lot 2 SOLD \$100,000
Lot 25-\$315,000 Lot 37-\$290,000

STONECLIFFE MANOR GOLF COURSE COMMUNITY

Beautifully wooded homesites located on the Woods Golf Course at Stonecliffe Resort. Featuring lots of various sizes; also included are city water, sewer, electricity, and telephone.

Manor I-Lots 8, 11, 16, 26, 39
Manor II-Lots-13, 16
Manor III-Lots 10, 18 sp, 20, 21, 29, 31
Manor IV-Lots 4, 13 sp, 15 sp, 16 sp
Manor V-Lots 1, 2, 3, 4, 10
Several lots to choose from between \$56,000 to \$165,000

sp: Indicates sale pending

ISLAND HOMES



East Bluff "Cottage" East Bluff home with spectacular water views! This "quaint" cottage comes fully furnished and has 4 bedrooms, 3 baths, front living room, kitchen, utility room, large wood enclosed front screen porch and an open wood deck in the back. This is a rare opportunity to own truly one of the unique "Bluff Cottages" on Mackinac Island. **\$1,095,000.**

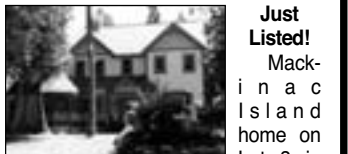


HARRISONVILLE HOME Immaculate 3-bedroom, 1 bath ranch on 75'x75' lot centrally located on Hoban Street in Harrisonville. Fenced in yard and fully furnished. **\$239,000**



Family home close to town, Jewel Golf Course & Boat Docks. 3 BR, 1 bath. Guest house (for Grandma) 1 BR, 1 bath, 12'x14' workshop (for Grandpa)! **\$695,000**

STONEBROOK HOME



Just Listed! Mackinac Island home on Lot 8 in Stonebrook, nicely landscaped, featuring a double garage large decks, 4 bedrooms and 3 baths. Limited water views, lots of storage and shared beachfront property. **\$785,000**



LAKE MICHIGAN - Custom built salt box style home on approximately 3-1/2 acres with 150' sandy beach located only 32 miles west of Bridge/St. Ignace. Features, 3 BRs, 2-1/2 baths, open living area with beautiful lake view. Many extras **\$599,000** fully furnished, **\$575,000** unfurnished.

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VICTORIAN SOFA AND 2 WING back chairs, white trimmed in cherry wood. Like new. Best offer. Phone 906-643-7357.

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MACKINAC ISLAND HOTEL condominium. Listings available on the 3rd and 4th floor of the Lake View Hotel. A spectacular view of the Straits of Mackinac or a view of the atrium-style indoor pool. Rental income history available. Starting at \$112,000. Green & Associates, Ira Green, Broker. Phone 231-301-1133 or Lake View Hotel, 906-847-3384, extension 123.

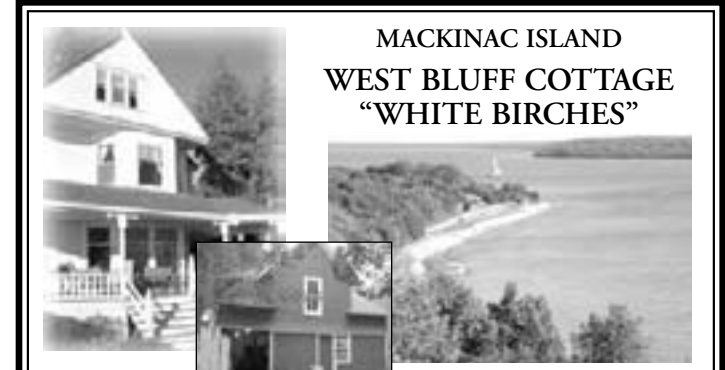
SPECTACULAR DIRECT views of Straits of Mackinac from windows of this 4th floor hotel condominium unit in the prestigious Lake View Hotel. Located downtown. Rental income history. Price range of units starting at low \$100,000. Ann-Marie Ciceri, Associate Broker, Ciceri Company LLC. Phone 248-874-1835.

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AVON REPRESENTATIVES needed! Sales, leadership reps. Great incentives! \$10 to join. Phone Laurie at 877-593-1570.

Don't Pick the Wildflowers

The next time you feel an urge to pick that beautiful wildflower, don't. Many of Mackinac Island's wildflowers are protected species and are in danger of extinction from the Island. Additionally, for every wildflower picked within Mackinac Island State Park, there is a \$50 fine.



MACKINAC ISLAND WEST BLUFF COTTAGE "WHITE BIRCHES"

Authentic 1891 Queen Anne Victorian. Nine-bedroom home, 6 1/2 baths, original Victorian features including, wainscoting, hardwood floors, paneled ceilings, Arts & Crafts lighting and two fireplaces. Historic barn on extensive property. Singular setting on West Bluff Cliffwalk (Pontiac Trail), very private. Panoramic view of Straits of Mackinac, Round Island and Mackinac Bridge. **\$2.2 million**

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