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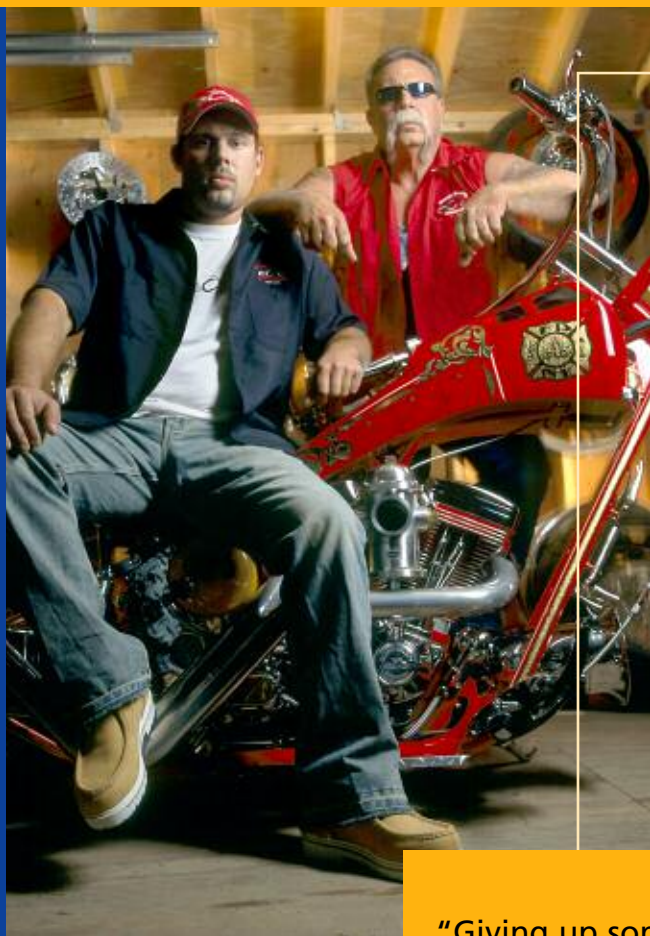


In This Issue

- De-stressing Dad
- Healthy Sports Parties
- Pizza Margherita

Because We Care

Healthy Ideas For A Healthy Workplace



Real Guys, Real Stress

The stresses and strains of everyday life pretty much boil down to two things: family and work. So, imagine the pressure you'd be under if you worked with your family every day... and it was all being televised for a national audience! Meet the Teutels, Paul Sr., Paul Jr., and Mickey – the stars of the Discovery Channel's *American Chopper*.

The success of both the show and their custom motorcycle business, Orange County Choppers, has meant more pressure. And unfortunately, stress can cause health problems or make existing health problems worse. That's why it's so important to find healthy ways to cope.

Paul, Jr. says, "With so many things on the table, there's not enough time in the day to deal with them all. It's created a lot more stress and the yelling you see on TV is just how we deal with it." Paul Sr. agrees. "We've got deadlines, different approaches on how to meet them, and that's where the combustion comes from. It's good TV, but it's not like that every moment."

To cope with the "stress of success", the Teutels have learned they can't do everything themselves anymore. They have support staff to handle what used to be a father and sons operation. Paul Sr. says, "Giving up some of the responsibility is tough when you're a control freak, but you have to learn to trust them – because ultimately you're only as good as the people around you."

He may just be onto something. Experts agree that some of the best ways to deal with stress and minimize its negative health effects are to not worry about things you can't control and to ask for help from others.

"But all the yelling and the arguments... that's probably normal for a father and son's working relationship," Paul Jr. says. Without missing a beat, his dad answers, "Yeah, in the dysfunctional realm."

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Have a stress-free Father's Day! - Jeff Silver