



CHANGE AND STRESS

“The only constant in life is change”. Why, then, do we tend to resist it so much...especially as we grow older? While in my 30’s (a long, long time ago), I realized that I would probably have a difficult time accepting change as I proceeded into the “Autumn of my life”. Fortunately, I was able to recognize that constancy was more comfortable than change but that change would occur whether I welcomed it or not. And so, I began to introduce some fun type, little “training exercises” that “forced” me to change for my future. Also, I began learning and practicing “relaxation response” exercises as an added feature to help ease the pain of changing..

Some examples were on my walks, I would never take the same route in two consecutive days and I would vary my walking speed purposely. I changed my morning routine...e.g. combed my hair (I had hair then) before I brushed my teeth or place my shaving routine into a different order every morning. These artificial methods of inducing change seemed to have worked for me. Not that change is easy for me to accept but easier than I believe it would’ve been had I not consciously made those attempts.

They say that the more we try to control, the more we lose control. That’s because if the controls are unnatural, they will create more problems than help. In teaching thousands of people how to relax and “let go” I would help them understand that “in order to gain control, we must first learn how to lose control”. That’s not just “double talk” because the feeling of true relaxation of our mind and body is an unforgettable experience. Enjoy!

A Brief Biographical Sketch

After an over 40 year career as a professional psychotherapist and Director of The Sports Stress Clinic in Amherst, NY, Charles Bonasera came to Florida and decided to use the benefits of his previous professional experiences in his new roles of Consultant in Life Management and Business Coaching as well as his expertise as a Motivational Speaker. He once again became involved with athletes in different sports training them with his techniques to help them develop and maintain focus as well as staying in their

zone. Much of his training methods are derived from the CD collection he developed under the heading of WIN-WIN SECRETS as the President of Personal Identity Controls. This collection consists of thirty-six programs dealing with vital issues in the management of stress.

Another role that he adopted to add to his professional career was that of Author. Early in the 1980's he wrote Guide to a Life Management Process which he has re-written as a workbook to successfully help people manage their stress which includes his own Working Model. As a result in his interest in golf and realizing that it was essentially a "mind game", he wrote The Mental Side of Golf which can benefit the beginner as well as professionals playing the game of golf.

He then compiled over five-hundred sayings that he had developed in the course of his professional career as stimuli to help people change patterns in their lives entitled How to Stay Well and Live Life to the Fullest. This was followed by a book documenting case studies around disruptive life patterns including ways to change them under the name of How in the Hell Did This Happen to Me? Both his personal involvement in sports as a participant, coach, manager and in his role in officiating, inspired him to write a primer for parents and coaches entitled The Legend of Little League.

Charles invites you to view his website at www.charlesmbonasera.com as well as to write with your comments and questions to his e-mail address (charles@charlesmbonasera.com). He would also be very happy to communicate with his readers by telephone should they desire. His professional motto is "seeking alternative methods to happiness" and wishes those touched by his words to practice the three secrets to a happy life: "enjoy life and enjoy it thoroughly ... develop and maintain a sense of humor ... bring as much love into your life as possible.