



### **What You Don't Know About Job Stress**

**We are living in a fast-paced world where innovation has brought about great advances in technology in just about every area of our lives. Some of that technology saves lives, some enhances our lives and all of it limits our lives.**

**Most people consider stress to be a negative force in life but stress is as essential a part of positive change as it is associated with changes that are negative. All good things come with a price but the price is not always that visible to us. Take for instance the advent of getting a new job. Perhaps we are moving onward and upward for promotional, salary, a career change or just because we were treated poorly in our last employment. No matter! Even with the promise of better things to come, any change in our lives produces stress that we call “positive stressors” and this stress can affect us in other areas of our lives without our even realizing it.**

**The adjustment that we need to make in starting a new job or career change takes a great deal of what I call “innovative energy”. It can be like “starting all over”. Meeting new people, learning a new position, finding our niche within the new company, adjusting to either a new boss or a new staff and even a significant pay increase can all take their toll. It can be very exciting but at the same time, we need to realize that the changes and adjustments that we need to make can affect other elements of our lives like our primary relationships with our families, our leisure time, our spending habits, needing to work out new budgets, our socialization patterns and many others as well. We call this the “carryover effect” and this phenomenon often goes unnoticed by most people.**

**If we can keep in mind that maintaining balance is the key to managing stress, the negative effects of those positive stressors can be avoided and/or dealt with promptly without any ramifications. Then we can enjoy the changes that we've invited as well as all of the good “perks” that go along with those changes. Listen to those who love you. Remember it's not what you do but who you are that is most important. Don't get lost in a new job. A job is a means to an end and not an end in and of itself. Be smart up front instead of having to look back with regret!**

## **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](http://www.charlesmbonasera.com) as well as to write with your comments and questions to his e-mail address ([charles@charlesmbonasera.com](mailto: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.***