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Battling stress can be as simple as ordering fish at a restaurant. On The Truth About Food, a program on the Discovery Health Channel, researchers measured hormone levels in London cabdrivers, who have highly stressful jobs. When put on a diet of four portions a week of oily fish like mackerel, a source of omega-3 fatty acids, the drivers produced less of the stress hormone cortisol and more of DHEA, a hormone the body cranks out to combat stress. "When the body sees omega-3 fatty acids, it feels calm," says Oz. Walnuts, flaxseeds, and tofu are other excellent sources. You're sitting on the couch watching The Real Housewives of Beverly Hills reruns—just like last weekend. And instead of becoming absorbed, part of your brain stays focused on the looming deadlines that have been nagging at you at work. Susan Nolen-Hoeksema, a professor of psychology at Yale University and the author of Women Who Think Too Much (Henry Holt), says, "Overthinking without being able to resolve anything draws us deeper into a feeling of being overwhelmed." A pastime that requires you to pay attention or engage with other people—like tackling a new recipe, taking a foreign-language class, or playing tennis—lets you escape from your own spinning head and break the cycle. Admiring a photo of a model or a movie star just as you would a work of art could relieve tension. Half a group of people who viewed photos of females wearing makeup said they were less stressed afterward, according to a study at the University of Louisville in Kentucky. The other half did not report the same benefit, but they didn't feel any worse, says Patrick Pössel, a professor of psychology who conducted the study. The hours your boyfriend and his slacker buddies spend hooked up to an Xbox may have an actual benefit. According to researchers at East Carolina University in Greenville, North Carolina, playing nonviolent video games can decrease stress and improve your mood. "Getting absorbed in games provides a distraction and relaxes the nervous system," explains Carmen Russoniello, a professor at the university. Skip World of Warcraft, even if you love walloping trolls, and choose something like Peggle instead. "The challenge should be difficult enough, but not an added pressure," says Russoniello. Jan 09, 2021 Kelly Meehan Brown Jan 06, 2021 Connor Beckett McInerney Stock Market Today (5/20/22): S&P 500 Narrowly Escapes Bear Territory The S&P 500 was on pace Friday to finish more than 20% below its January record highs, but a late recovery kept the bear at bay for at least one more ... Best Buy (BBY) Headlines Busy Week of Retail Earnings Our preview of the upcoming week's earnings reports includes Best Buy (BBY), Dollar Tree (DLTR) and Deere (DE). 13 Best Infrastructure Stocks for America's Big Building Spend These 13 infrastructure stocks represent several themes that could enjoy a boost now that America's \$1.2 trillion infrastructure bill has become law. 5 Beaten-Down Stocks to Buy on the Dip The market has delivered some nauseating volatility of late. The good news? That has teed up a few great stocks to buy at a discount. Stock Market Today (8/25/21): Financials Lead as S&P 500, Nasdaq Set Fresh Highs Upward pressure on Treasury rates Wednesday helped spur gains in the financial sector on a modest up day for the major indexes. 5 Best Industrial Stocks for the Economic Recovery As the global economy continues to rebound, this list of industrial stocks could benefit. Stock Market Today 5/21/21: Dow Gets a Lift From Boeing, Energy Stocks The Dow managed a win on strength in Boeing, but the S&P 500 and Nasdaq weren't so resilient. Stock Market Today 2/19/21: Stocks Tread Water, Bitcoin Joins the Trillion-Dollar Club The Dow finished flat as a pancake as the stock market continues to stall against all-time highs, but Bitcoin continued building a head of steam. Book Hotels 45 miles S of Wilmington; 84 miles E of Baltimore; 43 miles N of Rehoboth To race-car fans, Dover means NASCAR twice a year. To gamblers, it's a place to play the slots. To history buffs, this town is where the U.S. Constitution got its first "yea" vote. Set in the middle of this tiny state, Delaware's capital has its share of museums and attractions. Problem is, too many people fail to slow down on their way to the beach! What a shame. At least the wildlife is smart enough to stop: Bombay Hook National Wildlife Refuge offers migrating visitors 16,000 acres of marsh and wetlands. Plotted in 1717 according to a charter by William Penn, Dover was originally designed as the Kent County seat. By 1777, this rich grain-farming community's importance had increased, and the state legislature, seeking a safe inland location as an alternative to the old capital of New Castle, relocated to the more central Dover. Delaware became the "first state" on December 7, 1787, when its delegates assembled at Dover's Golden Fleece Tavern to ratify the Constitution of the United States, the first state to do so. Today, Dover continues to be a hub of state government and business. Its history is showcased at a sprawling agricultural museum, a museum of American art stocked with lavish works donated by Delaware art collectors, and the Old State House. On the city's southern edge, Dover Air Force Base, the largest airport on the East Coast, is home to its own museum of aircraft. Get Inspired for Your Next Vacation Arguments are a part of most relationships, friendships, and workplaces. Humans are social creatures, and inevitably we will come across a person's perspective or a topic area with which we disagree. While we try our best to be respectful, it can be difficult keeping things neutral. If arguing is a normal part of life, how do we do it better? How can we de-escalate an argument, keeping a minor disagreement from turning into a major blowout? The tips below aren't meant to help you win an argument, but rather to help defuse the argument. Each argument is unique, but many share common traits. Arguing well, and learning to keep arguments from blowing up into something bigger, is a good skill to learn for any relationship — whether it be romantic, with friends, or at work. 1. Take a breath and pause Most people's normal immediate reaction is to quickly respond to what was just said by the other person. Force yourself to ignore that reaction, and instead slowly count to 3: 1... 2... 3... This allows you time to collect your thoughts and consider alternative ways of responding. For instance, we often want to defend ourselves from a personal attack, and use the opportunity to attack the other person back. Neither strategy is likely to help move the argument toward a mutually agreeable resolution. Instead, take a moment to think of why those people with whom you disagree with are saying what they are, and what they would like to hear that may affirm you at least heard them (even if you don't agree with them — listening is not the same as consent). 2. Respond rationally rather than emotionally Arguments escalate because we allow our emotional minds to take over in the heat of the moment. It can be an exhilarating feeling, but such emotions tend to feed the fire of an argument, rather than working to douse the flames. Try your best to ignore the emotional content of the other person's argument (including personal insults or attacks) and focus on the core issue that requires working through toward a compromise or concession. 3. Remember, you do not have to prove yourself Sometimes we continue on in an argument not for any good reason, but because we feel like we need to prove ourselves. We've tied our own self-worth, self-image, and self-confidence to winning. Even if by doing so, we hurt a loved one or someone we respect. Despite what we tell ourselves, arguments are not about proving ourselves to be better or smarter than another person. We aren't. We are human, fallible creatures just like others, and we will make mistakes and be wrong, too. Don't make an argument about your needs or self-worth. 4. Decide the value of the argument early on Not every argument should carry the same weight, just as not every decision we make in life has the same importance. Whether you eat a banana or an apple is a decision of very little consequence. In the same way, an argument about whether the sky right now is perfectly clear or whether there are a few, barely-detectable, high-altitude clouds is probably not one worth having. Are you arguing about something you really care about? Is it where you're going to go to dinner tonight, or whether you want to have another child? If you don't particularly care about the outcome, let the other person "win" and save your energy for an argument that you're really invested in. 5. Try to put yourself in the other person's shoes & keep an open mind Imagine your boss comes to you with a concern about not being kept up-to-date where you were with a specific project — one that his boss also wants to know the status of. "I can see how it looked like I wasn't making progress on the project, because I didn't communicate it very clearly to you," is a good example of demonstrating seeing things from your boss's perspective. "Look, I can't help it if you don't know what I'm doing. I'm practically done with the project, I just hadn't told you yet!" is a very poor example of how to respond, because you're not taking into account your boss's own position and need to know (as your boss is in a position of authority over your work). 6. Learn to disagree with respect & find common ground A lot of people aren't really interested in whether they "win" an argument or not. Instead, what they really want is simply to be heard. A simple acknowledgment that you hear those you argue with and what they're saying, but respectfully disagree with them is often enough for others to disengage from the argument. Finding common ground for a compromise is a valuable strategy to employ in wording toward a quick resolution of an argument. Diplomats employ this strategy daily, and you can too by working to find the things you share in common, and building upon them. "You want steak for dinner, I want seafood... So let's go out to a steak and seafood place!" There Doesn't Have to Be a Winner Remember, there doesn't have to be a "winner" to every argument. Two people can simply come together, discuss something of mutual interest, and then walk away without either person changing his or her mind. Or a simple compromise can be reached more quickly if both people are open-minded and are willing to give a little. Arguments are a part of life. Learning to navigate them more deftly will help you get over these little speed bumps and get back to enjoying your life more quickly.



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