

## Stress

Continued from Page 20

Whilst aerobic exercise had previously been given the most praise as a stress antidote, any recreational sport can release tension and frustration [some say any non work-related activity involving a focus of concentration can defuse the preoccupied mind and body]. There is no hard or fast rule about what will work for you, as individuals we are all different and our motivation will be a key factor. Traditionally people have found that any favourite activity such as reading, listening to music or gardening can restore them to their "normal" selves. The choice is yours.

As with your car your body needs appropriate and regular fuel in order to keep it able to function well under any circumstance. A well balanced diet (moderation in all things) and remaining at a correct height/body weight should help it to do so.

Whilst caring for our bodies is a necessary health option, our primary task in managing stress is to be able to define and handle the stressor precipitating this physiological response.

Next issue:

### Psychological factors.

*Jane Miller is an occupational therapist specialising in Psychological rehabilitation and currently works at the Military Hospital Riyadh.*

For information on stress management specialists in Riyadh please contact the author on:

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## Tomorrow does not take care of itself.

Chris Crowe and Greg Hunt

If we ask ourselves why we came out from our home countries, more often than not the answer is **more money!** With money you can buy the things you want, not just the material things but more importantly, you can buy time.

*Time to live, time for peace, time to enjoy, time for you and the next generation who depend on you.* Each one of us is seeking financial independence for reasons that are the most important in the world. To make our own choices, to pull our own strings, to take up a hobby or vocation just because we want to - and not because we have to. The greatest feeling in the world is to be in control, to spend real time with our family, our children, our grandchildren. To live where, how and when we want to. *Time is the only obstacle*

For some time has run out, for others there is not enough time, but for most of us time is available for us to plan to achieve all this. Most of us are at a time when we are enjoying a higher disposable income than we would have in our home countries so reason dictates that we use this time and save as much for the future as we possibly can because if we don't do it now we will probably do very little when we repatriate. And our time will also run out leaving us with little choice or control over what we want for ourselves and our children for tomorrow.

Trying to decide what exactly to do with one's hard earned money here in Saudi Arabia is just like going on a desert trip - you have an idea on where you should end up and some idea of how you should get there, but the land marks are never quite in the right place, and always look different in the changing light. Sometimes you will make it and of course you will tell everyone how good it

was. Other times you may lose your way and just be happy to get home in one piece - you will not wish to talk too much about the experience.

Saving and investing by listening to the "experts" in your place of work can be just like this. You cannot do better than take independent professional advice however.

"A stitch in time saves nine"

## Any one for Tennis?

The RGGB is planning to hold a tennis tournament in the early autumn and would like to know who is interested. Paul Gent has volunteered to run the event but needs some idea of numbers of men and women, singles and doubles players who would consider entering.

If you could copy this form and fax it back to Paul to help him with the numbers he can start to get the event of the ground.

Of course it doesn't commit you to playing but it will help the smooth running of the tournament

To Paul Gent. Fax 463 2230

Name(S) \_\_\_\_\_

Contact Numbers \_\_\_\_\_

I (we) would be interested in entering the following events:

Men's singles \_\_\_\_\_

Ladies' Singles \_\_\_\_\_

Men's doubles \_\_\_\_\_

Ladies' doubles \_\_\_\_\_

Mixed Doubles \_\_\_\_\_

Any dates unavailable \_\_\_\_\_