

# Stress . . .

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Heins said the way people think about certain acts is often a cause of depression and added changing some of these ways often solves the problems.

Short-term medicines are used, Heins said, to get students back into circulation as quickly as possible, but the major emphasis is put on relaxation, he said.

"If your body is relaxed, you can't be anxious," Heins said. He added that stress on the heart and lungs, through exercise, uses up excess adrenaline and relaxes the body.

Bio-feedback is also used so people can learn how to relax their mind and body before a test or big event in their life.

Heins said students should take 20 minutes out of the day and totally relax the mind and body. The slowing down of the heart and mind for this short period, he added, will make the student feel relaxed and ready to go.

"We want students to come in before a major crisis occurs," Heins said. "I think we could have helped many freshman students who end up quitting had they known we were here to help," he added.

One major crisis the clinic staff doesn't like to have is a suicide or a threat of one. Heins said this year there have been two attempts, but added that UNL has a much lower

occurrence of suicide and threats compared with other universities of UNL's size.

Heins said suicide-attempt victims may be hospitalized to help get them away from the world. Because a threat or an attempt is a cry for help, the clinic personnel lets patients know they have someone to talk to 24 hours a day.

Heins said the Mental Health Clinic, which is located in the health clinic, which is located in the university health center is open from 8 a.m. to 5 p.m. daily and therapists are on call always. The first four stress visits are free of charge.

Some books Heins recommends to students who come to the clinic are *Type A Behavior and Your Heart*, by Friedman and Roseman, *The Relaxation Response* by Herbert Benson, and *The Aerobic Way* by Cooper.

Heins also gives students several papers to read on stress, with information from the book *Stress, Sanity and Survival* by Robert Woolfolk and Frank Richardson. The paper suggests the way to limit stress is to learn to plan, schedule, stop procrastination and to learn to say no.

Another hand-out Heins gives entitled "Coping with Stress" may best sum up stress: "Remember: You can't eliminate stress from life, but you can live your life in such a way that stress doesn't become either emotional or physical distress."

# Engineering College receives grant

The UNL College of Engineering and Technology recently received a \$3,000 grant from the Halliburton Education Foundation to be awarded to outstanding instructors in the College of Engineering.

Lyle Young, interim dean of the College of Engineering, said the grant, which is sponsored by Halliburton Company, is divided into three \$1,000 awards and given to three teachers who were graduates of UNL.

Winners are selected by a committee led by Alfred Witte, interim associate dean of the College of Engineering. The committee also consists of engineering faculty and students.

The committee, Young said, makes the selections during the spring, after viewing nominations made in September by faculty and students.

Young said Halliburton Company, an international oil, engineering and construction organization, has been giving the grant to UNL since 1975. The company will continue to donate as long as funds are available.

The award not only adds incentive to good teaching, Young said, but improves the morale of instructors.

Leendert Kersten, associate professor of engineering mechanics, was one of three instructors who received the tax-free gift last year.

Kersten, who received his Ph.D. from UNL in 1971, said the gift doesn't change the fact that teachers are underpaid. The awards, however, help morale, he said.

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