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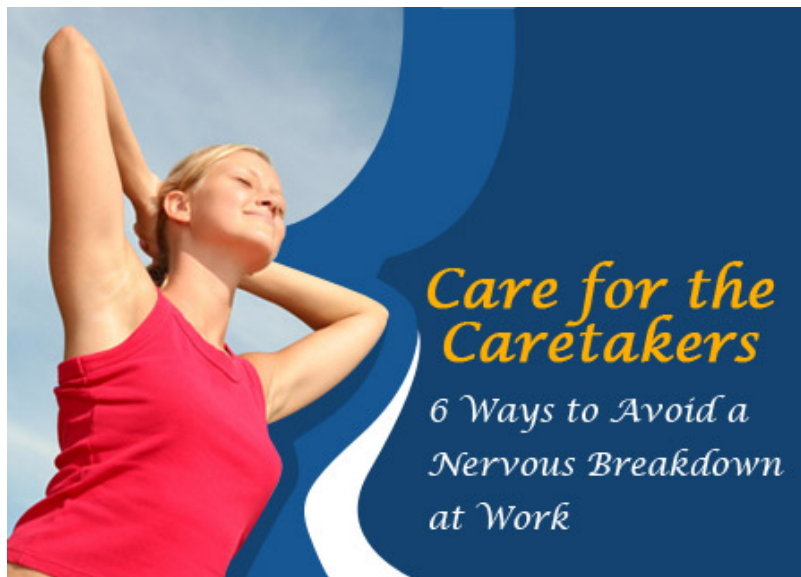
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By Ronni Ross

One by one, your clients walk into the salon, doubled over by their troubles. You listen and sympathize as you cut, color and finish. You care and you are there for them. Then each night on your way home, you stop at the local Grab 'n Go and pick up a pint of Haagen-Dazs or a bottle of chardonnay to shake off the stress of the day.

Stop! Before you indulge in these artery-clogging, liver-impairing attempts at relief, consider this advice: Fill your soul, rather than your stomach. It's a much better way to cope!



Ann Mincey

"Wellness, as it turns out, involves more than simply how we feel, look or treat our physical bodies," says **Ann Mincey**, vice-president of global communications for **Redken 5th Avenue NYC** and co-facilitator of "**Destination Rejuvenation**," a wellness retreat for salon owners and managers taking place in April. Mincey, author of *Get Glowing! You Are a Star Right Where You Are*, believes that harmonious wellness incorporates all areas of the individual self, including key components like the body, thoughts, relationships, money and service.

"Waking up daily with the intention to do something wonderful for yourself in each area will bring greater capacity to create, decide, communicate and give," she says.

Teena Cahill, a nationally acclaimed speaker, writer and educator who holds degrees in clinical psychology, counseling and education, likens it to a pilot checking the controls and flight plan before take-off to insure everything is in working order. "Don't look at the potential problems of your day, rather think about what your strengths are, what you can contribute, what the cost will be, and then smile at yourself in the mirror," she says.



Teena Cahill

So if you're ready to sail through the stresses of your career with soulful solutions rather than bowls full of Chunky Monkey, here are six strategies from some highly evolved experts of healthy living.



Mary Wilson

1. Do Your Body Good

The first step to enhancing your mental health is to address the physical. In the case of hardworking beauty pros, consider rest, exercise, diet and ergonomics. **Mary Wilson**, Mincey's "Destination Rejuvenation" partner and North American Ambassador of the **Global Salon Business Awards, Inc.** and **B.E.S.T. Foundation**, says it is critically important for stylists to avoid overexerting themselves on the job. Maintain correct posture and

movements, and stretch throughout the day, she advises. Use deep breathing to focus on relieving tension during breaks, and practice some form of exercise – such as yoga or Pilates -- outside of the workplace to protect the "core" of the body.

At home, says Mincey, take a long, slow look at your body, completely naked, in front of a full-length mirror. "Find something you can appreciate about it and focus on that one thing," she says. Next, literally ask your body what it needs, and then be aware of any impulse you receive.

Nutrition that fuels energy and boosts mood, and sensory modulation techniques such as massage and aromatherapy, are other ways to rejuvenate, says **Mary Beth Janssen**, a cosmetologist and instructor and founder of the **Janssen Source Inc.** (MBJF@aol.com) "Eat breakfast, please! And stay away from too many sugary, white flour products, as well as too much caffeine," she says. She also recommends grazing on high-quality food every



Mary Beth Janssen

three hours to maintain your energy levels; try not to overbook and never wearing heels higher than two inches. "When you get home tonight, give your feet a massage and thank them for carrying you through the day," she advises. "And while you're at it, give yourself a hug for getting through the day with your body and soul intact."

To this list of energy boosters, Cahill – whose book *The Cahill Factor: Turning Adversity Into Advantage* (<http://www.teenacahill.com/>) will be published this summer -- adds music, spending time with a pet, meditation and prayer, journal writing, care-giving and thanking a mentor.

2. Think Positive

Affirmations have been skewered on *Saturday Night Live*, but the art of positive thinking is nothing to laugh about. "Remember this: your thoughts determine your actions, which determine your outcomes," says Mincey. "If we want a different outcome, we must become acutely aware of our thoughts at any given time throughout the day. If our thoughts are centered on goodness and encouragement, if they are uplifting to ourselves and others, they will attract people and opportunities that

mirror.”

Janssen and Cahill agree. “Someone who truly nurtures themselves and masters self-care will not be affected by the potentially draining aspects of this career,” says Janssen. “If we have more positive thoughts, we create an increase in white blood cells to boost immunity. We also release more of those wonderful joy-inducing endorphins into our body.”

“Optimism enhances resilience,” adds Cahill. If you make a mistake, try to see it as a growth opportunity. “This way of thinking is based on hope. Why would we be hardwired to overcome adversity if we weren’t expected to use it?”

One simple way to change negative patterns, suggests Mincey, is to wear a rubber band around your wrist for a week. Each time you are tempted to think a less-than-positive thought, snap the band as if to tell yourself to snap out of it.

3. Repair Relationships

Mincey believes that forgiveness and gratitude are at the heart of every meaningful relationship. “Being willing to forgive or to ask for forgiveness guarantees a clear path to deep communication,” she says. If a relationship is troubled, she advises, write a note asking for or granting forgiveness, even if you never send it. “What matters is your willingness to let go of the past and all that it represents regarding that person and situation. This will open up new channels of energy and creativity.”

As for gratitude, Mincey says that simply generating a sincere feeling of gratitude or appreciation releases the positive emotion hormone DHEA, which increases creativity, memory, learning and longevity. She suggests writing notes of gratitude to the important people in your life regularly, letting them know how much they mean to you.

And be authentic. With friends and at work, don’t fake it—it’s too taxing on your soul. “Don’t pretend everything is great if it’s not, because clients will know you aren’t being honest,” advised Cahill. “Instead, tell them you are having a tough day, sparing the details, but that you feel better now because of their presence. That is being genuine.”

4. Put Money in Perspective

How you invest, how you save and how you give are all positively charged ways to attract the harmonious wealth – and thus health --that you deserve, believes Mincey. She suggests that the best way to encourage a flow of money into your life is to give some of it away. “So often, we believe that we won’t have enough if we give a portion away,” she says. “Not true. We only have what we give. Begin with what you feel you can give, to charity, to your church, to a street person,” she says.

5. Be of Service

“In our industry, serving is what we do every day,” says Mincey. “And yet, many of my salon friends tell me that their greatest joy is to serve in a soup kitchen, wrap toys for tots or to visit children’s or elderly residences to bring them joy.” She adds, “Finding a need and filling it will restore lost energy and invigorate your body, mind and spirit.”

The concept is about having a “servant’s heart,” according to Janssen. “It’s always asking the question, ‘How may I serve?’ instead of ‘What’s in it for me?’ If we can understand that everyone with whom we connect is doing the best they can from the level of consciousness that they are in, we become more understanding of others – and hence less judgmental, more forgiving and certainly more loving.”

6. Know When to Say ‘No’

Though it is healthy to be open to the people, places and opportunities that make up the fabric of our lives and present us with opportunities to grow, knowing when to close the door is beneficial too. But for caring, involved professionals, that’s easier said than done. To ease the way, “Identify and make a list of your values and what you hold dear,” advises Mincey.

"Then ask yourself, 'Who do I love, what would I do for free, what makes me get up in the morning and what makes me look forward to the day?' Anything, anyone or any place that is cross-grained to those values and would compromise them gives you the privilege and right to say 'no,' to politely decline or to simply walk away."

Wilson believes that when deciding whether or not to take something on, it's important to first take the time to really assess how it will affect you and others in your life. "At home, establish family meetings, goals and expectations," she says. "And be sure to have a nice balance of responsibilities and fun."

Janssen believes low self-esteem can present a challenge when setting limits. "Healthy boundaries protect us from manipulative, controlling or toxic people, or those who would hurt us or use us for their own ends," she says. "But nobody can upset us, hurt our feelings, make us feel guilty, ashamed, afraid or angry without our permission."

("Destination Rejuvenation" will take place April 29-May 1, 2007 at the Surf and Sand Resort in Laguna Beach, California. BTC Members who register before April 6 are eligible for a 15% discount. For a brochure or more information, call Mary Wilson at 949-716-2723 or email her at Wilsonedu@cox.net.)
