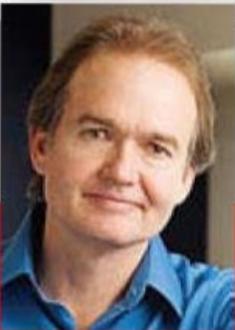


# HEALTH

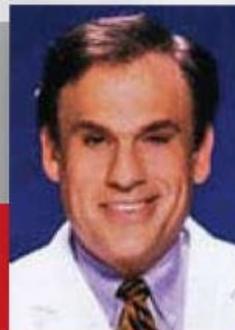
## MIND BODY SOUL



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AMERICA'S TOP HEALTH EXPERTS SHARE WHAT IT TAKES FOR YOU  
TO ACHIEVE A MORE ENRICHING AND PURPOSEFUL LIFE

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Published in the United States by  
**Insight Publishing Company**  
707 West Main Street, Suite 5  
Sevierville, TN 37862  
800-987-7771  
[www.insightpublishing.com](http://www.insightpublishing.com)

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Disclaimer: This book is a compilation of ideas from numerous experts who have each contributed a chapter. As such, the views expressed in each chapter are of those who were interviewed and not necessarily of the interviewer or Insight Publishing.

ISBN- 978-1-60013-869-0

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## MESSAGE FROM THE PUBLISHER

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Without good health, success in business and in personal life is difficult if not impossible to achieve. The first step in this undertaking is to understand the interactions of our mind, our body, and our soul. We need to realize that each of these components affects the other, which is a more holistic approach to realizing optimal health. And what does “holistic” mean? According to the *Merriam Webster Dictionary*, holistic means “relating to or concerned with complete systems rather than with the analysis of, treatment of, or dissection into parts.” Sounds like a good idea to me.

We have gathered insights from several authors who have definitive ideas about this hot topic of health. The interviews I conducted with them will provide you with information you can use to get healthy and stay that way.

The conversations in this book will give you a new appreciation for how the human body is made and how it interacts in mind, body, and soul. The authors featured in *Health: Mind, Body, Soul* will give you trustworthy advice about how you can be healthy and stay healthy. All of us at Insight Publishing want to share with our readers the valuable tips these contributors have to offer so that you, too, can have health in your mind, body, and soul.

DAVID E. WRIGHT  
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**Chapter Six**  
**Mind, Body, Spirit:**  
**Approaches to Stress**  
**Management**

**with Jon Seskevich RN**

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THE INTERVIEW

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**DAVID WRIGHT (WRIGHT)**

Today we're talking with Jon Seskevich. Jon Seskevich RN, BSN, BA, CHTP, is a nurse clinician and certified stress management specialist at one of the country's foremost medical centers located in Durham, North Carolina. Since 1990, this trailblazer in integrative healing has provided a stress and pain management education service for more than thirty thousand patients and families in the hospital. An award-winning nurse, he is a graduate of the University of North Carolina School of Nursing and has a BA in Religion from Goddard College. He has authored chapters, presented hundreds of talks, recorded five CDs, and has participated in and published research on stress management techniques.

Jon is the author of *Mind, Body, Spirit: Approaches to Stress Management*. He will share with us jewels of stress management that help with life's biggest stressors. Anyone can benefit from this, I'm sure.

Jon, welcome to *Health: Mind, Body, Soul*.

**JON SESKEVICH (SESKEVICH)**

Thank you very much.

**WRIGHT**

So would you tell our readers about your viewpoints on the subject of stress?

**SESKEVICH**

Most people, when considering the subject of stress, think of problems, worries, tensions, or pressure. As a nurse healer, I think it's more practical and valuable to see stress as simply relating to change. Whenever there is change in life, even good change, it can cause stress. Some examples of good changes are important holidays, a wedding, moving, starting a new job, having a child or a grandchild. All of these are good and positive but certainly can cause stress because of the changes in people's lives. Of course, there are some people who would appreciate some "good stress" for a change because their stressors haven't been very good at all.

In our society, there are some people who actually thrive on stress. Firefighters, military personnel, police officers, business people, hospital intensivists, and emergency department staff are easy examples. These people, whom we appreciate for helping make our lives better, can have high stress every day and love it. It's what they do. There are going to be other individuals who hate change, they'd rather have things stay the same.

The common ground, whether one loves stress or hates it, is that stress is physical. It is not imaginary. The human stress response sends powerful chemicals into the body that can affect the whole person. Adrenaline, noradrenaline, and cortisol affect the body, can make the muscles tense, and drive blood pressure and blood sugar up.

I'm not saying the stress response is bad. I was driving in the country at night, and a deer came running out of woods. I totally wanted that stress response so I could have sharp vision and quick reflexes to miss the deer. After that emergency passed, it was good to have tools to recover to cut down on the wear and tear that stress causes.