

Reduce Stress, Gain Peace



Resolute Mediation & Arbitration Inc.

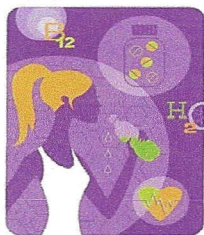
Jim & Sue's Hypothetical Divorce: Chapter 2

After deciding upon Collaborative Law, Jim and Sue begin the mediation process by discussing what each hopes to gain from coming to the table.

Jim starts the mediation by stating his issues during his uninterrupted time. He states that time he spends with the children, their financial situation and his ability to get together with friends have become real problems for him.

While Jim is speaking, Sue takes notes about Jim's beliefs and then, when it's her turn, addresses her problems and why she thinks divorce is the best option.

The mediator, after listening to both parties, believes there could be more to their situation and decides to call a caucus.



Exploring the Connection Between Stress and Physical Health

An apple a day may keep the doctor away but what will keep the stress away? We all know that eating well and staying fit makes our bodies work better but what about our minds? On a daily basis we are all faced with a barrage of stress-inducing situations. Yet, it's how we manage the conflict that's important, not the source.

According to a Discovery Channel Health article, there is a definite connection to aerobic activity and the amount of stress you will have in your life. It states that exercise can, "reduce anxiety, depression and tension." In essence, it gives you the ability to handle troublesome situations with greater ease and understanding. The article also points out that breathing exercises as well as yoga have also been proven techniques for tension reduction.

Andrea Greider, ATC, LAT, CSCS, owner of Momentum Personal Training and Fitness, weighs in on how physical fitness affects your mental health, "exercise triggers the release of endorphins, which act as natural painkillers and also give us the sense of euphoria and good feelings. There are decreased levels of cortisol, the stress hormone, with increased activity as well as increased levels of serotonin, dopamine, and norepinephrine, which result in an elevated mood."

Greider continued to say that exercise also distracts us from everyday stressors as well as increases our support systems. She suggests, "grab a friend, family member, or neighbor and workout together." Thus, when stress and conflict do invade our lives, we're better able to handle

the situation thanks to friends, family and our own increased self-confidence, "Set small short-term goals and once they are achieved set new ones. This will create a sense of accomplishment. As you workout you will also gain aesthetic benefits, building muscle, decreasing fat, increasing endurance and strength."

Greider also points out that consistent activity will increase energy levels throughout the day as well as cause better sleep at night. Both results can better our ability to handle stress and improve our quality of life. So get moving and start decreasing your stress!

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Non-verbal Communication Matters Too

Crossing our arms, slouching our shoulders and diverting our eyes are all common ways of communicating. On a daily basis we, as humans, let others know how we are feeling or what we are thinking without ever uttering a word. Generally, we do not realize the

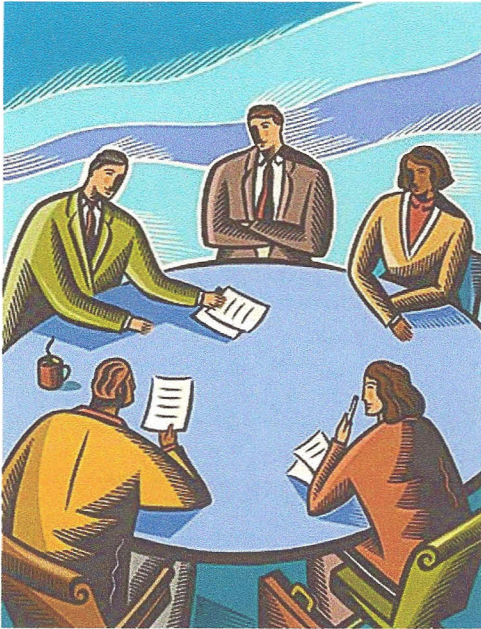
messages we send through body language and the impact it has on our relationships. Yet, if you stop and think about the subtleties that our bodies are able to produce, you may start actively paying attention. Take notice of the non-verbal cues you observe from

those around you. And instead of expecting others, especially loved ones, to interpret our moods, speak up. Initiate conversations to address what you are experiencing, even if it means addressing uncomfortable emotions. Skip the guessing game and move towards peace.

More to Mediation Than Meets the Eye

According to the Merriam-Webster dictionary, the definition of Mediation is this: "intervention between conflicting parties to promote reconciliation, settlement or compromise."

Reaching an agreement can be a wonderful outcome for any mediation but it's not the specific goal. The real goal is for the parties to be empowered and to successfully address the conflict, and hopefully move towards a lasting and realistic resolution.



Most people do not realize the benefits of mediation and how it applies to the conflicts they are facing in their lives. Thus, we wanted to highlight the different types of disputes that can be mediated. This is not an exclusive list but gives an idea of how vast the topics are that can be discussed, negotiated and potentially worked out:

- **Dissolution of Marriage**
- **Real Estate Disputes**
- **Construction Disputes**
- **Contractual Disputes**
- **Financial Issues**
- **Parent/Child Mediations**
- **Probate**
- **Insurance Disputes**
- **Home Foreclosure Mediations**
- **Landlord/Tenant Mediations**
- **Family Disputes**
- **Workplace Conflicts**