

**BIG PICTURE**

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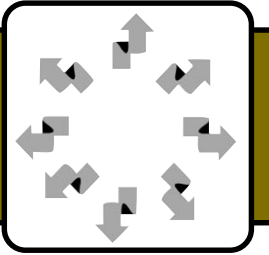
One of the most important ways families can adjust positively to stress is to take a long-term view of stressful events and problems. Believing in the long

run problems will work out seems to help families endure daily hassles and major events. Long-term family rewards are often seen as outweighing the short-term problems.

Another effective way to see the “big picture” is to reframe

the situation. Reframing redefines the meaning of a stressful event in a way that makes it more rational and manageable. Reframing is seeing the good in the bad, or optimistically creating challenges from obstacles.

**Miscellaneous**



**How well do you know your child?**

As parents, sometimes we are so busy taking care of our children’s physical needs we lose track of some of the details of their lives. Grab a pen and see how well you know your son or daughter.

1. If your child could do anything he/she wanted today, what would it be?
2. Who is your child’s closest friend?
3. What was the biggest disappointment in your child’s life this year?
4. What embarrasses your child the most?
5. Who is your child’s favorite singer or musical group?
6. What does your child do that he/she is proud of?

**How well do you know your parents?**

You live with your parents, spend time with them, and talk with them. Still, there are probably things you don’t know about them. Grab a pen and answer these questions.

1. How did your parents meet?
2. If your parents could have you do anything for three hours, what would it be?
3. What gift would your dad/mom most like to receive?
4. Who are your parent’s closest friends?
5. If your mom turned on the television, what would she watch?
6. For a vacation, where would they prefer to go?

If you got five right, congratulations, four—no bad, fewer than four—you may wish to spend some time talking with family members. Remember—knowing and wanting to find out about someone shows that you truly care. What’s more, it’s fun!! (ALH)

**Helping a Loved One Work Through Anger**

**LaDeane Jha**  
*Extension Educator*

Reducing the anger of your loved one will prevent him/her from being caught in an “anger trap” and more able to keep the situation in perspective. The best way to reduce anger is NOT to say to “relax” or “calm down”—this will tend to increase anger arousal. Instead do something to relax the other person such as:

- Getting her/him to sit down or stop the present activity.
- Offering a drink of water or a non-caffeinated drink.
- Moving from the anger environment into another

environment (kitchen into the living room). Suggesting a ten minute time-out.

Listening to anger is much more than letting your spouse blow off steam. It involves making a concentrated effort to understand what the anger is all about. Some specifics to help you listen include:

- Do not interrupt. This escalates the situation and communicates you are not listening.
- Be aware of your body language. Use good eye contact and body language.
- Summarize in your own words what you think your spouse is saying. Be sure to

acknowledge the “right” to feel the way he/she does. Ask if you have understood correctly.

If the angry person says you don’t understand, explain you are trying to understand. Ask for some examples that will help clarify the issues.

Ask what can be done to resolve the situation. Try to establish positive and workable solutions to the problems.

Responding with “you shouldn’t feel that way” escalates a problem. If you can’t find a solution to the problem you still need to validate their feeling.

If the anger becomes abusive to you or others in the household, ask for assistance.

**How to Talk to Creditors**

**LaDeane Jha**  
*Extension Educator*

Debt is a major issue for many families and single adults. Sometimes people feel like they are in over their heads and can no longer juggle the demands of various creditors. Kathy Prochaska-Cue, extension family economics and management specialist suggests several useful strategies for working with creditors. First, don’t wait for creditors to contact you. Call them before bills are due. Your first reaction when you discover you can’t pay all of your bills is probably to panic and hide. The experts say that is the worst thing you can do. It is better to face your creditors.

Before you call, write or visit your creditors, know the



amount of take-home income you can count on, and your fixed expenses. Show the creditor what you think is a reasonable plan for paying the debt. Explain your situation and ask about

delayed payments or partial payments.

Work out smaller payments for a short period.

Refinance loans—make another contract for smaller payments over a longer period of time. New payments will be smaller size but the overall costs for the loan will be larger.

If all else fails, a consolidation loan may be considered. You take out one loan, pay off all bills at once and then have one debt to pay off to just one creditor (usually extending over a longer period of time). Again, each payment will be smaller, but you will commit yourself for a longer period of time, usually at a higher total cost.

Once an agreement is worked out, make sure you put the agreement in writing and follow the agreement.

**The “Right Stuff”**

The “Right Stuff” is a comprehensive health campaign for middle school youth and their parents. The focus is on promoting healthy lifestyles and making positive choices. This evening program engages parents and youth and empowers them to open the doors of communication when discussing tough issues.

Three learning opportunities are offered during the evening—relationships, media literacy, and living a healthy lifestyle. It is free and features exhibits of community resources and a light snack.

To attend, please register by completing the registration form below and mailing to:  
Don Siffring, Lincoln/Lancaster County Health Department  
3140 N Street  
Lincoln, NE 68510

Check which date you wish to attend:

- Tuesday, October 16, Pound Middle School, 4740 South 45 Street • 6:30 to 8:45 p.m.
- Thursday, October 18, Culler Middle School, 5201 Vine Street • 6:30 to 8:45 p.m.

Name \_\_\_\_\_  
Parent/Guardian \_\_\_\_\_  
Address \_\_\_\_\_  
Phone Number \_\_\_\_\_  
School/Grade \_\_\_\_\_

**Attention all teachers! You are invited to attend 4-H School Enrichment Staff Development**

- October 2, 2001, 4:15 p.m.; Blue Sky Below My Feet
- October 9, 2001, 4:15 p.m.; Garbology
- October 10, 2001, 4:15 p.m.; Water Riches

**to learn about these programs for use in your classrooms.**

Trainings will be held at Lancaster Extension Education Center, 444 Cherrycreek Road in Lincoln



**Character Education**  
A Conference for Elementary Educators and Community Partners

**WHEN:** Thursday, October 25 • 8:45-3:15

**WHERE:** Beatrice High School, 600 Orange Blvd, Beatrice, NE

**WHAT:** Presentations, exhibits, vendors, resource fair, networking, door prizes

**WHO SHOULD ATTEND:** Elementary teachers, counselors, administrators, parent organization members, community leaders.

**COST:** \$20 per person

**FEATURING:** Don Peslis, Director, Center for Character Development Anderson University, B. David Brooks, President and Chairman of the Board, The International Center for Ethics and Workforce Readiness,

For more information or registration forms, contact LaDeane at 441-7180. (LJ)