

Events on the Horizon

Learning to deal with stress

Some of the techniques for coping with stress include deep breathing, meditation and a sense of humor. Page B1.



EXECUTIVE STRESS: MAKE IT AN ASSET - Dr. Deane Shapiro, Jr., an internationally renowned stress management expert presents techniques for the self-control of stress in a two-day seminar. Balboa Bay Club in Newport Beach. Dec. 8, 9. 9 a.m. - 4:30 p.m. 494-4900

BUSINESS BRIEFLY



Make stress an executive asset

Despite the common dread of stress, it can actually be an effective tool for the executive, says Dr. Deane H. Shapiro, president of the Institute for the Advancement of Human Behavior.

That message will be the focus of a two-day seminar for executives entitled "Executive Stress: Make it an Asset," scheduled for Dec. 8 and 9 at the Balboa Bay Club.

Shapiro, an author and psychologist from Laguna Beach, is the recipient of a three-year Kellogg National Fellowship to study the control of stress in the professions in the United States and Japan.

He conducted a recent seminar in An-

heim entitled "The Healing Power of Laughter and Play."

Dr. Deane H. Shapiro
Making stress an asset