



THE *Navigating* TIMES

A newsletter by Dr. Nathaniel J. Williams | www.drnatwilliams.com
March/April 2010 - Issue No. 1

Coping

The theme for this month is "coping". The demands on our time are almost constantly increasing. People used to go to work from 9-5 and then go home to enjoy the evening with friends and family. Today's world is different. With the ever-advancing technology, people are constantly connected. The fast pace can sometimes create astronomical stress levels. Additionally, the fact that these are also difficult economic times does not help the situation. This issue contains practical tips that can be used to make it easier to cope in these challenging times.

Managing Stress and Coping with Everyday Challenges

In today's fast-paced world, it's easy to become overwhelmed. If we don't keep stress under control it may begin to affect many areas of our lives: professional, relationships with friends and family, and our health.

Here are some ways to keep stress at bay:

Learn how to say no: Remember that you do not have to take on every task that is ever mentioned to you. If you are a single parent, working full-time and going to school, then you realize that accepting the position of Carnival Coordinator for the PTA may be too much to handle right now. Only take on what you think you can reasonably accomplish without neglecting to take care of yourself.

Manage your time better: Poor time management sets the stage for stress. When you are always running behind, it can be difficult to stay calm and focused. Invest in a day planner if you don't already have one. Taking a little bit of time to plan ahead can go a long way in avoiding overextending yourself and creating stressful situations.

Keep things in perspective: When a stressful event occurs, really think about how important it is in the long run. Will it matter a month from now or a year from now? If it is really not worth getting upset over then don't. It is better to spend your time and efforts focusing on the things that really matter.

Adopt a healthy lifestyle: A strong, healthy body can help to resist the negative effects of stress. Eat healthy meals including plenty of fruits and vegetables. Regular exercise not only strengthens the body but can actually reduce feelings of stress so try to exercise everyday.

Make time for fun and relaxation: Spend time doing activities that make you happy and enjoying the company of the ones you love. Also, make sure that rest and relaxation are part of your daily routine. Dr. Nat Williams says, "Take time for yourself – it is a wonderful investment in your future. You can't do for others what you haven't done for yourself."

Quote of the month...

"Nobody says you must laugh, but a sense of humor can help you overlook the unattractive, tolerate the unpleasant, cope with the unexpected, and smile through the day." – Ann Landers

What's Happening on The Navigating Your Life Show w/ Dr. Nat Williams?

March is going to be an exciting and informative month. Here is a list of the episodes you can look forward to seeing on 69-WFMZ in the Lehigh Valley/Philadelphia market with shows clips located at: <http://www.youtube.com/user/natjwilliams> or <http://www.navigatingyourlifeshow.net/episodes.htm>

March 1, 2010

Foster Care and Adoption

March 8, 2010

Education as a Pathway for Changing Life's Outcomes

March 15, 2010

Substance Abuse Intervention Strategies

March 22, 2010

Avoiding Common Financial Mistakes

March 29, 2010

Innovative Ideas for Traveling with Kids

Dr. Williams is available to provide keynotes, motivational speeches, and workshops. Please visit



THE *Navigating* TIMES

A newsletter by Dr. Nathaniel J. Williams | www.drnatwilliams.com
March/April 2010 - Issue No. 1

Coping Financially

In these sketchy economic times, it is more important than ever to keep finances in check. Be prudent in your spending habits and put money into savings if possible. Spending less doesn't mean you have to suffer. You can spend less and enjoy life too.

Here are some easy tips you can use to save money:

Avoid unnecessary fees: Always pay bills before the due date so that you are not saddled with late fees and/or over-limit fees. These fees can be as high as \$35.00 each and that money could be used for something else instead.

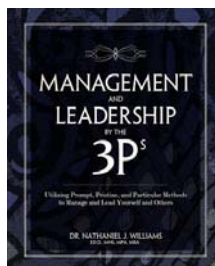
Cut household expenses: Trim the electric bill by making sure that lights and appliances are turned off when not in use. You can also replace traditional light bulbs with compact fluorescent bulbs that last much longer and use a fraction of the energy. The grocery bill is another expense that can be reduced. Use coupons whenever possible, buy frequently purchased items in bulk when they are on sale, and plan meals ahead of time so you won't purchase items that will be wasted.

Use the resources available to you: Why pay for something if you can have it for free? That's the same as throwing money down the toilet. One great resource that is available in almost every community is the public library. If you enjoy reading, it is better to check books out from the library for free rather than to purchase new books at the store. The library also carries many audio-books, music CD's, and movies. These are usually available to rent at no charge but some libraries do charge a small fee (usually a dollar or less) to rent movies. That is a huge savings over what a person might pay for a movie rental at a well known video store.

Cut entertainment spending: This is one area where most families can easily cut costs. For example if your family normally goes to the movies two or three times per month simply reduce it to once a month and attend the less expensive matinee. Nights that you would normally be out spending money can be replaced with family game nights.

Another way to save money is to keep an eye out for low or no-cost activities that are available in your community.

March Book Highlight – Management and Leadership by the 3Ps



“Using the 3Ps process, we come to terms with the fact that we are neither isolated in this world, nor do we have every single detail of our lives. However, we do have the ability to manage many different details, and through doing so can chart a course that will benefit ourselves and others.”

For more info visit, www.managementbythe3ps.com
This and his other books are available for purchase at www.amazon.com

Resources used for this issue:

Discovery Health
<http://health.discovery.com>

National Institute of Health
<http://www.nih.gov/>

Helpguide.Org
<http://www.helpguide.org>

The Navigating Times

Dr. Nathaniel J. Williams - Publisher
Paula Beck – Editor

1655 Valley Center Parkway – Suite 150
Bethlehem, PA 18017
484-893-5078