

editor's page

Managing Stress

My personal thanks to all the people who spent many hours preparing manuscripts for this special issue. Several won't appear due to lack of space, but were excellent in terms of content and style.

I've gained a new appreciation for the decision-making process for selecting articles. It's indeed a challenging job filled with human frailties. The comments from the reviewers were helpful and yet I soon learned what appeals to one person may be viewed quite differently by another.

My special thanks to Dr. Hans Selye, president, International Institute of Stress, Montreal, Canada, who truly made this a "special issue" by his willingness to write the lead article. His pioneering efforts in stress research and his continuing efforts to help people cope with stress are known worldwide.

I also appreciate Dr. Robert S. Eliot, director of the Cardiovascular Center, University of Nebraska Medical Center, giving permission to include an address he presented at the Helen Becker Rural Health Conference in Norfolk, Nebraska, on April 18, 1978.

This special issue presents many sound suggestions on things you can do to increase your effectiveness in managing stress.

Ron Daly
Guest Editor

Ron Daly has done an outstanding job as guest editor for this special issue of the Journal. I'm sure you'll be richly rewarded by his efforts.

I planned to publicly thank the person who, during last June's Board of Directors meeting, suggested Ron as guest editor. My notes didn't tell me who that was. (Whoever it was: Thanks!) But those notes were interesting from another standpoint. As the board discussed the theme of this issue, we brainstormed many ideas. Extension accountability and stress, stress in performance appraisal, jogging as a stress inhibitor, the role of nutrition in stress—were some of the ideas. What's the point of all of this? Well, the point is that one issue of the Journal is enough to uncover, rather than cover, a topic like stress.

The articles Ron has selected will help you become more aware of stress management. And if you'll let them, they'll teach you some skills to help you manage stress in your life.

When Ron accepted this task, he was an Extension family life specialist in Nebraska. In mid-October, he moved to Washington, D.C., to become a SEA-Extension specialist in family relationships and child development.

Our thanks to the Extension administrators in both locations for permitting Ron to take on this significant task.

