

tools of the trade

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In addition to the resources listed below, check your local library, the mental health staff at your local hospital, insurance companies, and staff development or personnel staff in your organization for local programs and resources. Many thanks to Dorothea J. Cudaback, human relations specialist, for helping prepare this special section.

BOOKS AND PAMPHLETS

Choices *Choices. Frederic F. Flach. New York: Bantam Books, Inc., 1979. 163 pp. \$2.25.*

We can learn to cope creatively with the stresses of modern living. This is the lesson Flach teaches in this book. One example of creative coping: "falling apart" is viewed by many as "mental illness," when in fact it may be the only healthy response to certain kinds of stress.

Consider these principles to help us get our creativity going:

- Deferred judgment—postponing an evaluation of ideas, allowing more ideas to flow, searching for unexpected solutions.
- Quantity leads to quality—increasing the total flow of ideas. Brainstorming and free association are some techniques we (Extension people) have learned to use. But have you noticed how difficult it is to refrain from evaluating ideas during brainstorming?
- Redefining the problem—using new words to describe it, asking questions in different ways.
- Distancing—the can't-see-the-forest-for-the-trees idea. Distancing can be geographic, time, or mental. Humor is one form.

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