



NEWS RELEASE

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Stress management expert to speak at USI

Dr. Brian Luke Seaward, a teacher at the University of Colorado and executive director of Inspiration Unlimited, will present "Stressed is Desserts Spelled Backwards" at 7 p.m. on Wednesday, October 18, in Carter Hall, University Center, University of Southern Indiana. Sponsored by the USI Student Wellness Office, his lecture is free and open to the public.

Seaward has published numerous books on the topics of stress management, human spirituality, and mind-body-spirit healing. He is the author of *Stand Like Mountain, Flow like Water*; *The Art of Calm*; and *Stressed is Desserts Spelled Backwards*; among others. An accomplished photographer, Seaward released a relaxation videotape this year which combines relaxing images of nature along with poems and music.

In *Stressed is Desserts Spelled Backwards*, Seaward uses true stories of stressful situations and the techniques the subjects employed to cope. In chapter seven, Seaward included a story about a USI student who lost his passport while traveling in Poland with the USI Mid-America singers.

"We are very fortunate Dr. Seaward agreed to come to Evansville," said Sandra Lawrence, director of Student Wellness. "I have attended many of his lectures and workshops and his techniques can truly improve overall health."

Seaward contends that American society has become more stressful in the past 40 years. In one example, he cites a 20 percent increase in the average number of hours Americans spend at work while leisure time has decreased 30 percent. Seaward believes cancer, heart disease, and depression are associated with increased stress in our lives.

He offers suggestions on how to cope with stress in every day life as well as the stress associated with serious illness, divorce, death, and other trying situations. Seaward promotes deep breathing and meditation combined with healthful nutrition and exercise as necessary elements in reducing stress.