

Stress:

The Pros & Cons

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Some stress can be positive

Who hasn't benefited from the adrenaline pumping exhilaration of working at peak performance? However, it's critical to know when enough is enough. Teresa Kennedy, owner and president of Power Living Enterprises, Inc., discovered this distinction personally:

After successfully completing her MBA at Harvard Business School, Teresa headed to MTV Networks and quickly worked her way up to Vice President of Business Operations. "I didn't see it coming," shares Teresa, of being hospitalized for an ulcerated digestive system. "I'm naturally driven. I was working around the clock. My body couldn't keep up with my brain." Although key to her early success, that drive nearly cost Teresa her life. "During my recovery I began to refocus my energy. I practiced deep breathing and yoga to reconnect." After her life threatening experience, Teresa decided to start Power Living, a business and life coaching company where she helps people "de-stress, clear their mess [in their heads], and create habits of success." Now referred to as the "Type A Yogi," Teresa still experiences stress as a successful business owner; however, she practices what she preaches. "As with Hatha Yoga, I now know when to push hard and when to ease up, managing my energy as well as my time," she shares.

