

Choose an Online Degree Program.



Search:

[Forbes.com](#) [Quotes](#) [Video](#) [Web](#) [Blogs](#) [Advanced](#)

Go

INSIDE FORBES.COM

- Most Popular Virtual Worlds
- Top 10 Disruptive Companies
- Top 5 Corporate Kool-Aids

[HOME](#) [BUSINESS](#) [TECH](#) [MARKETS](#) [ENTREPRENEURS](#) [LEADERSHIP](#) [PERSONAL FINANCE](#) [FORBESLIFE](#) [LISTS](#) [OPINIONS](#)
[Video](#) [Blogs](#) [E-mail Newsletters](#) [Org Chart Wiki](#) [People Tracker](#) [Portfolio Tracker](#) [Special Reports](#) [Widgets](#) [CEO Network](#)
[E-mail](#) | [E-Mail Newsletters](#) | [My Yahoo!](#) | [RSS](#)

PR Newswire - Press Release

## Unstable Economy Leading to Executive Stress

04.09.08, 3:00 PM ET

### Most Popular Stories

- [Young Billionaires](#)
- [Easily Overlooked Tax Deductions](#)
- [The No-Tech Hacker](#)
- [Job Hunting In A Downturn](#)
- [How To Tap Lenders When Credit Is Tight](#)

### Popular Videos

- [How To Spend \\$100K](#)
- [Ultimate Fighters](#)
- [Vegas' Youngest Billionaires](#)
- [The World's Most Expensive Car](#)
- [Google Gas?](#)

MIAMI, April 9 /PRNewswire/ -- More and more executives admit that stress is affecting their jobs and health. With an unpredictable economy, pressure to maintain profitability and increased responsibilities, you've got a high stress environment. "It's no wonder that stress is high on the list of executive concerns this year," says Dr. Juan Remos, Director of Wellness and Regenerative Medicine at **Miami Institute of Age Management and Intervention**.

(Photo:

<http://www.newscom.com/cgi-bin/prnh/20080409/CLW065> )

Dr. Remos and his colleagues see hundreds of patients a year through the Miami Institute's Wellness Health Program. Not all stress is bad. Whether you're an executive or not, some degree of stress is a necessary part of life. Stress can be positive when it provides motivation to achieve your goals, Remos says. "However, when you have too much stress, or it lasts too long, it can be harmful to your health."

The Miami Institute, located within the Four Seasons Hotel and Tower in Miami, Florida offers a weekend - as well as long term stress relief packages that are tailor made to each patient. "Our clientele are very busy and important people," explains Stephen A. Watson, co-founder and owner of the luxurious 9,000 square foot facility. "We aim to help alleviate their stress related concerns with our Wellness Program, and if desired add some of our aesthetics services for a total package."

Stress particularly affects the adrenal glands, which are located on top of the kidneys. These glands secrete adrenaline, as well as cortisol and other hormones working in tandem with the thyroid glands to mediate the

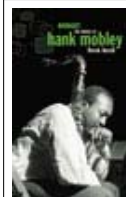
### Trading Center



Brought to you by the sponsors below



### CEO Book Club



#### The Jazz Workout

Richard Hyfler

A new book explores the growing reputation of jazz legend Hank Mobley.

[READ REVIEW](#)


#### The Sound Of Silence

Paul Maidment

Having trouble managing your business? Maybe you talk too much.

[READ REVIEW](#)


body's metabolism in response to stress.

Taking a stress inventory can help you reduce stress by pinpointing the cause. Problems in the office, the death of a loved one and relationship issues are obvious, but daily hassles and demands are easy to overlook. "Persistent little things like commuting, unproductive meetings, too many commitments and family arguments can wreak more havoc on your health over time than the intermittent big things," Remos says. He suggests identifying the stressors and using the four ways to cope: Accept the situation, avoid it, alter it or adapt to it. "Focus on changing the things you can and accepting the things you cannot," Remos says.

#### **ABOUT MIAMI INSTITUTE OF AGE MANAGEMENT AND INTERVENTION**

The **MIAMI Institute of Age Management and Intervention** is a surgical center and medical spa providing progressive medicine, advanced technology, and encompassing treatments that reverse the effects of aging. The 9,000 square foot facility is located within the Four Seasons Hotel and Towers in Miami, Florida. Information on the company may be accessed at: <http://www.miami-institute.com> .

Media Contact: Buck Winthrop/Public Relations **Miami Institute of Age Management and Intervention** (305) 519-0598  
[buck@miami-institute.com](mailto:buck@miami-institute.com) SOURCE **Miami Institute of Age Management and Intervention**

Copyright © 2004 PR Newswire All rights reserved.

1 of 1

#### **Article Controls**

[E-mail](#) | [E-Mail Newsletters](#) | [My Yahoo!](#) | [RSS](#)

#### **Related Sections**

[Home > News & Analysis](#)

[News Headlines](#) | [More From Forbes.com](#) | [Special Reports](#)

#### **Subscriptions >**

[Subscribe To Newsletters](#)

[Subscriber Customer Service](#)

