Health

Manajemen Stres

Bukan berat beban yang membuat kita stres, tetapi lamanya kita memikul beban tersebut. - Stephen Covey.

Pada saat memberikan kuliah tentang Manajemen Stres, Stephen Covey mengangkat segelas air dan bertanya kepada para siswanya, "Berapa berat menurut anda kira-kira segelas air ini?". Para siswa menjawab mulai dari 200 gram sampai dengan 500 gram. "Ini bukanlah masalah berat absolutnya, tetapi tergantung berapa lama anda memegangnya", kata Covey. "Jika saya memegangnya selama satu menit, tidak ada masalah. Jika saya memegangnya selama satu jam, lengan kanan saya akan sakit.

Dan jika saya memegangnya selama satu hari penuh, mungkin anda harus memanggilkan ambulans untuk saya.

"Beratnya sebenarnya sama, tapi semakin lama saya memegangnya, maka bebannya akan semakin berat."

"Jika kita membawa beban kita terus-menerus, lambat laun kita tidak akan mampu membawanya lagi. Beban itu akan meningkat beratnya", lanjut Covey. "Apa yang harus kita lakukan adalah meletakkan gelas tersebut, istirahat sejenak sebelum mengangkatnya lagi". Kita harus meninggalkan beban kita secara periodik, agar kita dapat lebih segar dan mampu membawanya lagi.


Hidup ini singkat, jadi cobalah menikmatinya dan memanfaatkannya. Hal terindah
Mobilephone and Health

Mobile phones are sophisticated two-way radios that use radiofrequency (RF) signals to transmit and receive voice and data. When you make or receive a call, your mobile phone communicates with a network of low powered radio transceivers called base stations. Each base station covers a small geographic area, referred to as a "cell", and cells are interlinked to create the cellular network. A mobile phone may communicate with several different base stations during a single call which makes it possible for you to continue your call while on the move. The base station network is linked to the public telephone network so that mobile phone calls can be made to other networks, cities and countries around the world.

Health standards

Some people are concerned that exposure to the energy carried by RF signals (often referred to as electromagnetic energy, or EME) may affect their health.
For nearly a century, people have used RF signals from a variety of sources in a number of ways, including televisions, radios, walkie-talkies and baby listening devices. (AM and FM radio transmitters actually account for more RF signals in the environment than all other sources combined, including mobile phone services)

The World Health Organisation, health authorities and governments around the world closely monitor the safety of radio technology and have cooperated to develop National and International guidelines to ensure the safety of mobile phone technology.

**Scientific research**

For more than five decades, scientists have monitored the effectiveness of the International guidelines and studied the effects of energy carried by RF signals.

Independent expert reviews of these studies conclude that absorption of the energy from mobile phones and their base stations poses no threat to human health, as long as the phones and base stations are operated within international guidelines.

**What does all this mean?**

Mobile technology provides benefits in terms of convenience, personal security and safety as well as helping enrich people's lives through communication in a completely mobile world. Mobile phones are part of our lives, and are especially valuable in emergency situations.

Mobile phones and base stations are designed to operate within International guidelines to ensure people are not exposed to harmful levels of EME. Scientific research has found that exposure to EME from RF signals within International guidelines will not cause adverse health effects.

The World Health Organisation (WHO) states that there is no need for any special precautions when using mobile phones. However, the WHO advises that if individuals are concerned, they may choose to limit their own or their children's exposure to energy from mobile phones by keeping calls short or using a hands-free kit to distance the phone from the head and body (see the WHO website for further
Some consumers are keen to access information about the amount of energy they may be exposed to from each model of mobile phone - referred to as the specific absorption rate (SAR).

Handset manufacturers provide information about SAR levels. Information on your mobile phone's SAR level can be found within the product manual, or via the manufacturer's website.

(Vodafone Australia, 2004)