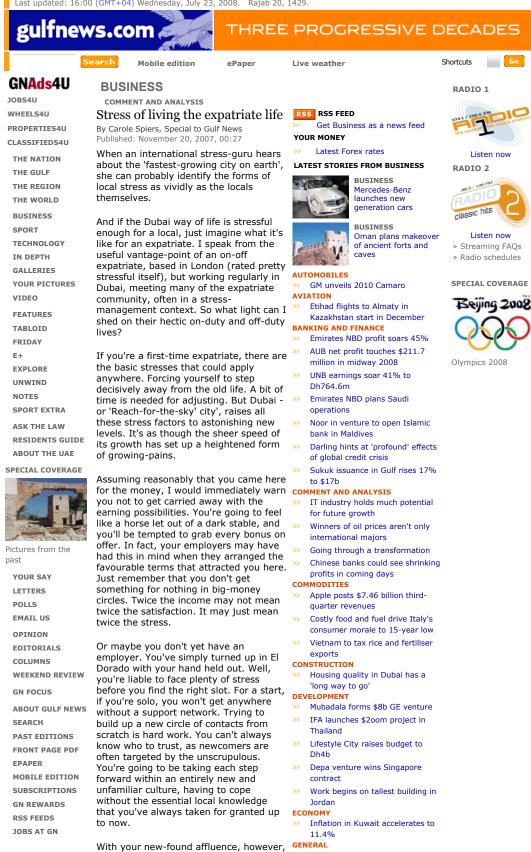
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HOTEL & TOURISM

vou may feel you can afford to relieve

living that you've always dreamed of, and which is now satisfyingly within

reach. But good living does not relieve

the pressure through some of that good

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pressure. It just sets up other forms of stress, through physical abuse.

And this leads back to the biggest single stress-management intervention of all. It's one I've emphasised before in this column, and that is HEALTH FIRST.

For every rise in the pressure and tension, you must compensate with sensible exercise to maintain physical and mental equilibrium. The logic is simple and inexorable. There is no way round it.

The writer is a BBC broadcaster and motivational speaker, with 20 years' experience as CEO of Carole Spiers Group, an international stress consultancy based in London.

Key points

Managing yourself

- Dubai presents an exciting but stressful culture for newcomers
- The earning potential can lead to big temptations to overwork
- Lavish entertainment does not relieve stress. Only exercise does.

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