

Reduce Stress, Go Fishing

(NAPSA)—If you're hooked on stress and are angling for a way to deal with it, you may want to try fishing. How widespread is stress? In today's fast-paced world, stress has reached near epidemic proportions. According to a survey by the Families and Work Institute, 26 percent of U.S. workers are "often or very often burned out by stress of their work." In fact, it is listed as one of the leading causes of time lost from work.

The good news is that simply taking time to get away from all the stressors of daily life has proven effective for many people. Activities such as fishing and boating are ideal, because they separate people from their routines, both physically and mentally.

Bruce "Doc" Samson, a Minneapolis-area physician who gave up his family practice to become a professional angler, believes that freedom reduces stress. "Fishing temporarily removes you from your responsibilities," says Samson. "You get in a boat, get away from land and you're free, and that's a stress reliever in itself."

Dr. Paul G. Quinnett, clinical psychologist and author of several books on the psychological benefits of fishing, has traveled around the country offering advice on how to live a longer, happier and healthier life through fishing. In his book "Pavlov's Trout," Quinnett devotes an entire chapter to the link between stress reduction and fishing. He outlines what he calls "the shortest short course on stress management," which prescribes large amounts of fishing and includes many health-related tips designed to balance your life.



A noted psychologist believes that the shortest short course on stress management is to go fishing.

Throughout his book, Quinnett explores why recreational anglers are driven to fish. Beyond the connections they establish with nature and the camaraderie of the fishing party, Quinnett suggests that hope is the underlying motivation that keeps anglers fishing—a hope that the next cast will catch the big one. As he says, "Fishing is hope experienced."

Ultimately, fishing provides an escape from the daily routine and gives people the time to meditate on their problems and search for peace in natural surroundings. Ninety percent of Americans live less than an hour's drive from a body of water, so regardless of where they live, there are places to experience the benefits of fishing firsthand. Takemefishing.org offers a convenient guide to fishing and places to fish all across the country.

"Does fishing reduce stress?" asks Quinnett. "My professional opinion is, well, of course it does. Everybody knows that."