

# Physician's Foreword

The frazzled principal is the prototype of the frazzled American professional. Principals and district superintendents are, without a doubt, a special group of people who have accepted their responsibilities to help insure the education of America's future.

This book can help you, as an educational leader, to accomplish your work in the worst of situations and to be more effective in the best of situations. This program for time management gives all principals the tools to be as productive as your talents will allow you to be.

The Queens—Allen as an educational leader and Patsy as a nurse educator—have identified stress as a national epidemic. School administrator burnout is an American tragedy, and if the combination of stress and leadership are inevitable, your succumbing to that stress need not be. Understanding your stress, predicting your most vulnerable times, learning how to best cope—all are acquired skills that take practice. This book can help you. This book can change you. Allen and Patsy have made an educated study of the stresses educators face.

A majority of medical complaints can have their basis in stress. Physicians such as myself deal with stress-induced symptoms on a

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**Note:** Dr. Schumacher is nationally known as a medical researcher and practitioner, a leader in the medical community, well-published in the literature of nutrition and obesity, and has appeared on several national television programs including ABC 20/20 and ABC Primetime. Dr. Schumacher was recently appointed Chairman of the Mecklenburg County Commissioners' Task Force for Healthy Weight in Children and Adolescents in Charlotte, North Carolina.

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regular basis, and it is clear that stress can negatively affect your health. The authors discuss, in an insightful manner, the medical and psychological consequences of stress. Major points of healthy nutrition are outlined, and exercise is put into a practical and fun format.

As experienced professionals, the Queens are direct, sometimes critical of the education profession, and honest in their attempts to find answers for leaders working within an education system that includes rewards and sacrifices and disappointments. This book provides important preparation for educational leaders-in-training, helpful strategies for new principals, and a survival tool for seasoned veterans.

*The Frazzled Principal's Wellness Plan* is a book that weaves you through what you need to know, do, and avoid. The book begins with defining the unique stressors associated with leading a school or district. Allen and Patsy walk you through how to prepare for, to prevent, and to deal with school-related stress. You will be taught to identify and separate the good from the bad types of stress. This is a critical concept to grasp, and the Queens have it down.

The authors go on to show how to better balance your personal and professional lives by focusing on managing priorities. As a result, you should be able to maintain a healthier lifestyle, stay out of your doctor's office, and be your most effective self.

Self-assessment tools, coping skills and workbook sections are included. Exercise is always a must for stress relief, and their approaches are innovative and varied and there is definitely something for everyone. Exercise comes alive in this book. You will learn how to use your body and your mind for those times when immediate stress management is exactly what you need.

Doing a good job in leadership without ruining yourself in the process may be difficult if you are too much of a perfectionist or too much of a procrastinator. The Queens directly address these issues and give you options and time management strategies for all aspects of your work. They are quite frank in discussions about dealing with colleagues, superiors, and communication problems.

In the final section of this book, the Queens discuss the importance of balanced nutrition to help you be healthy and effective in life and in the school. Educators need a lot of help in this arena,

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and this section is all about habits, choices, snacks, and how to avoid temptations.

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