

Stress Management

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 8oz to 20oz.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it."

If you hold it for a minute, that's not the problem.

If you hold it for an hour, you'll have an ache in your right arm.

If you hold it for a day, you'll have to call an ambulance.

In each case, it's the same weight, but the longer you hold it, the heavier it becomes.

He continued, "And that's the way it is with stress management."

If we carry our burdens all the time, sooner or later, as the burden become increasingly heavy, we won't be able to carry on.

As with the glass of water, you have to put it down for a while and rest before holding it again.

When we're refreshed, we can carry on with the burden.

So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a while if you can.

Relax. Life is short. Enjoy it!

And then they shared some ways of dealing with the burdens of life:

- Accept that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them later.
- Always read stuff that will make you look good if you die in the middle of it.
- Drive carefully. It's not only cars that can be recalled by their maker.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- Never buy a car you can't push.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Nobody cares if you can't dance well. Just get up and dance.
- Since it's the early worm that gets eaten by the bird, sleep later.
- The second mouse gets the cheese.
- When everything is coming your way, you're in the wrong lane.
- Birthdays are good for you. The more you have, the longer you live.
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to only make once.
- We could learn a lot from crayons. Some are sharp, some are pretty, some are dull, some have weird names, and all are different colors, but they all have to live in the same box.
- It may be that your sole purpose in life is simply to serve as a warning to others.
- A truly happy person is one who can enjoy the scenery on a detour.

Enjoy Life

Add points for each yes answer:

Have you ever walked barefoot in the snow? (10)

Have you ever gone swimming at night? (8)

Have you ever eaten a whole box of cookies or a ½ gallon of ice cream? (4)

Have you ever stayed up all night talking to a friend? (2)

Have you ever gone out for a midnight stroll? (8)

Have you ever eaten a flower to find out the taste? (10)

Have you ever given someone a present just because? (8)

Have you ever written someone a poem? (4)

Have you ever seen or used a phone booth? (4)

Have you ever left a really big tip because you were having a great day? (10)

Have you ever paid for something for a stranger in need? (10)

Have you ever sat in an emergency room with a friend? (8)

Have you ever talked to a puppy or kitten? (4)

Have you ever tried to count the stars? (2)

Have you ever given someone a back rub because they had a bad day? (6)

Have you ever cooked dinner for a sick friends' family? (6)

Have you ever driven someone to the airport? (2)

Then kissed them and cried? (4)

Have you ever served someone breakfast in bed? (2)

Have you ever laid in the snow & made a snow angle, since becoming an adult? (4)

Have you ever stopped your car to look at a rainbow or a sunset? (6)

Have you ever picked strawberries & ate so many you could barely move? (6)

Have you ever danced in public...like a park or a sidewalk? (4)

Have you ever slept out under the stars? (8)

Have you ever kissed a complete stranger because you won something or just for fun? (10)

Have you ever cheered so loud for the home team that you lost your voice? (4)

Have you ever baked fresh bread... not in a machine? (2)

Have you ever stayed in bed all day... and you were not sick? (6)

Have you ever had one full day of fun? (20)

Scoring:

Under: 100 you need to add some fun to your life.

100-124: You need a bit more fun!

125-154: You are having some fun now! Keep up the good work!

155-184: YOU are so much fun!!!! Your life is full... Pass it around!

12 Wellness tips for mastering change in a changing world

1. **Keep your sanity** – “if you always do what you’ve always done, then you’ll always get what you’ve always got.”
 - a. If you want a different outcome, it’s time to try something new.
2. **Trade places** – seek first to understand, THEN to be understood.
 - a. It’s also called empathetic listening and it’s very powerful.
3. **Develop ‘lava lamp’ qualities** – they are a symbol of beauty, flexibility, fluidity, adaptability, and free nature.
 - a. What’s in your lava lamp? More importantly what’s missing?
4. **Avoid psycho-sclerosis** – “don’t expect a free ride from no one, don’t hold a grudge or a chip and here’s why, bitterness keeps you from flying, always stay humble and kind.”
 - a. Attitude after all, is everything.
5. **Stay rooted in your foundations** – your faith, beliefs, values, and goals. If you want to plant a tree, you need to dig a deep foundation so it doesn’t blow over.
6. **Keep a proactive mindset** – let go of the past, live in the moment, and never stop preparing for the future.
 - a. There is a reason that the rearview mirror is smaller than the windshield.
7. **Use the richter scale** – Be courageous and remember that big things happen when you least expect it.
 - a. Don’t sweat the small stuff or shy away from unscheduled events.
8. **Become the flower** – the brightest and “finest individuals out of a number of people or things.”
 - a. Vitamin D is good for you and so is stretching your mind.
9. **Keep the main thing, the main thing** – focus, keep your eye on the ball, and stay on top of what’s most important before it becomes just another thing.
 - a. It’s pretty simple.
10. **Sense of humor is a must** – take it in stride, find your people and your happy place and go there often.
 - a. “life is better when you’re laughing.”
11. **Everything in moderation** – a little bit of everything in the best of all things.
 - a. Eat what you love and exercise when you can.
12. **Don’t forget** – regrets are hard to swallow, and “if you think you can, you can, and if you think you can’t, you’re right.”

