

MOMMA TOLD ME THERE'D BE DAYS LIKE THIS



STRESS is a bi-product of LIVING. If you have a pulse, you have STRESS.

You do not want a life void of stress. Without stress you fail to develop PROBLEM SOLVING and COPING skills. You want to MANAGE STRESS.

The first step in stress management is to differentiate between INCONVENIENCE and STRESS. Perform the six o'clock test: Would it make the six o'clock news?

PEOPLE are the biggest creators of stress. They either CAUSE IT or are the conduit to SOLVE IT. Your ability to deal with people may be the biggest asset you have in dealing with stress.

**The golden rule of human relations is:
DO UNTO OTHERS AS THEY WANT TO BE DONE UNTO.**

There is no such thing as time management. You can not manage time. It is finite. It should be called ORGANIZATIONAL MANAGEMENT, even though everyone refers to it as time management.

All time management (organizational management) techniques involve one or more of the following: MULTITASKING, ELIMINATION, OR EFFICIENCY.

During times of stress we often forget to RELAX, EXERCISE, COMMUNICATE, LAUGH, AND HAVE A HOBBY. These all give you distance from a problem, the key to KEEPING IT IN PERSPECTIVE.

ONE MINUTE OF DEEP BREATHING every hour is more beneficial to you from a physiological standpoint, than a 30 minute coffee break every half day.

EXERCISE just needs to be REGULAR and ELEVATE THE HEART RATE.

GET A HOBBY. And make sure your HOBBY IS A STRESS REDUCER, not a STRESS INDUCER.

Your SENSE OF HUMOR enhances RELATIONSHIPS, reduces TENSION, manages STRESS, and has a positive PHYSIOLOGICAL IMPACT on you.

BE A KID. A child belly laughs 200 times a day, an adult only fifteen.

**LOOK AT LIFE FROM DIFFERENT ANGLES:
Was Humpty Dumpty's mom a big fat chicken?**

**YOU DON'T STOP PLAYING BECAUSE YOU GROW OLD,
YOU GROW OLD BECAUSE YOU STOP PLAYING.**

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