

## LITTLE THINGS

Most of us miss out  
on life's big prizes.

The Pulitzer.

The Nobel.

Oscars.

Emmies.

But we're all

Eligible for life's

Small pleasures.

A pat on the back.

A kiss behind the ear.

A four-pound bass.

A full moon.

An empty parking space.

A crackling fire.

A great meal.

A glorious sunset.

Hot soup.

Cold beer.

Don't fret about copping

life's grand awards.

Enjoy its tiny delights.

There are plenty for all of us.

## SOME THOUGHTS ON STRESS (THAT SOMEONE SENT TO ME IN AN EMAIL!!)

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 20g to 500g.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burden all the time, sooner or later, as the burden becomes 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 moment if you can."

.....

So, my friend, if you have anything that may be a burden to you right now, lay it down and don't pick it up again until after you've rested a while. Makes sense to me!

Here are some great 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.
- \* 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 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 late.
- \* The second mouse gets the cheese.
- \* When everything's 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, and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.
- \* A truly happy person is one who can enjoy the scenery on a detour.

Have an awesome day, and know that someone has thought about you today. Feel free to share this with other people and take away some of their stress!!

## SOME THINGS TO THINK ABOUT...SENT BY EMAIL

Imagine life as a game in which you are juggling some five balls in the air. You name them “work, family, health, friends, and spirit” and you’ll need to keep them all in the air.

You will soon understand that work is a rubber ball and if you drop it, it will bounce back. But, the other four balls - family, health, friends, and spirit are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life...but how?

- \*Don't undermine your worth by comparing yourself with others. It is because we are all different that makes each of us so special.
- \*Don't set goals by what other people deem important. Only you know what is best for you, and it is your responsibility to set your own goals. One of life's little pleasures is seeing our goals come to life successfully.
- \*Don't take for granted the things that are closest to your heart. Cling to them as you would your own life, for without them, life is meaningless. If you are not sure what is most important to you, make the time to figure them out because no one else will.
- \*Don't let your life slip through your fingers by living in the past. Yesterday has come in and gone and you can not change it but you can learn from your mishaps and do better the next time. Appreciate yourself for making good choices.
- \*Don't let your life slip through your fingers by believing the future will take care of itself. Life happens because you prepare for it, plan for it and you MAKE it happen. By living your life one day at a time, you live ALL the days of your life.

- \*Don't give up when you still have something to give. Nothing is really over until the very moment you stop trying or you stop breathing and it usually is due to you stopping trying. We are always put into situations to learn from them. If you chose not to learn from every event in your life, you will repeat them until you make better choices and only you lose out until you do something different.
  
- \*Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us to each other. No one is perfect. It is our choice to continually improve our lives, if you think things happen all by themselves you're only kidding yourself.
  
- \*Don't be afraid to encounter risks. Life IS a risk every day, every moment, so embrace it. It is by taking chances and risks that we learn how to be brave and be the best person we want to be.
  
- \*Don't be afraid to learn. Knowledge is weightless. Is a treasure you can always carry easily and it can not be taken away. By learning we go forward, and by not learning we go backwards in our lives every day. The choice is ours and it is up to us to make happen. To learn is our only way to grow and to know more about who we really are.
  
- \*Don't shut love out of your life by saying, "love is impossible to find." The quickest way to receive love is to give love, and, most importantly, we always need to love ourselves first. The fastest way to lose love is to hold it too tightly, and the best way to keep love is to give it wings.
  
- \*Don't kid yourself to think that everyone/someone else has it easier or that something was handed to someone, for they too have to get up each day, pick up their own boot straps, face their own issues, and, most importantly, do their best to improve their own life. Things happens because you make them happen and frankly, those "others" usually care less about you, since they are worrying about

their own life and struggles. Life's rewards are earned by your own dedication, motivation and most importantly through hard work. Success in life is defined as ten per cent motivation and ninety perspiration...The bottom line is that YOU make it happen.

\*Don't forget that a person's greatest emotional need is to feel appreciated. Give thanks frequently. Tell those that you love how you feel today, for they may be gone tomorrow.

\*Don't use time or words carelessly, because neither can be retrieved.

\*Life is not a race but a journey to be savored and appreciated each step of the way.

\*Yesterday is History, Tomorrow is a Mystery, and Today is a gift. That is why we call it THE PRESENT...so make the best of it....it is your life.

## **SOME STRESS MANAGEMENT ADVICE FROM A FRIEND**

- Take a few minutes to think about whether you have ever developed a personal mission, your own guide-posts through life. If not, start writing down what you believe in, what you value and respect, and what you want to accomplish before you die. According to a workshop I went to recently, only 1-3% of Americans ever write down their life goals, and yet writing things down makes them much more likely to happen.
- Have more fun. Recreation is re-creation.
- Play a mind game, a fantasy, the way kids do, opening and closing doors in your mind at the end of the day, especially a bad day. They are your doors. You label them and decide which ones to open and which to close.
- Make sure you are always learning from other people, and teaching other people. There is a law of association that people talk about: hang around with people you would like to be like. Another way to say this is: Be careful who you get advice from.
- Spent more quality time with the people you are close to.
- Don't be afraid of failing. Ask yourself: Who am I not to fail? Keep in mind that you have survived other failures and errors, and will go on to survive many more.
- Own a little time. Claim at least one hour, four times a week - saying "THIS TIME IS MINE!"
- Practice saying "Yes!" when someone says "May I help you?"
- Give yourself permission to deal with the joy as well as the heartache.
- Make sure you are taking responsibility for yourself and your life, and not blaming other people. Remember this quote: If you continue to do what you are doing, you will continue to get what you are getting.
- Always have a Plan B. Eventually you are going to need it.
- Keep in mind that no one will ever thank you properly, the way you deserve to be thanked. So please be sure to thank the people who do something for you.....and since everything that goes around comes around, you are much more likely to get some thank yous too.

(A PERSONAL WORKSHEET TO PUT ON THE REFRIGERATOR)

SOME IDEAS AND PLANS FOR  
BEING GOOD TO MYSELF

How I will be good to my body:

- every day:
- at least once a week:

How I will be good to my mind:

- every day:
- at least once a week:

How I will be good to my heart/soul:

- every day:
- at least once a week: