

STRESS

Anonymous
HOW TO MANAGE IT?

A lecturer 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, it's not a problem..
If I hold it for an hour, I'll have an ache in my 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 feels"

"And that's the way with stress management.
If we carry our burdens all the time,
they burdens will become increasingly heavy:
and we won't be able to carry on.
You have to put them down for a while
and rest before holding them again..
When refreshed, we shall be able to carry on with them".

"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, put down anything that may be a burden to you right now.
Don't pick it up again until you've rested a while"

Some Effective Ways to Carry the Burdens of Life

- Just 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 wear stuff that will make you look good
- 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.
- It may be that our purpose in life is simply to be kind to others.
- 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 will live.
- You may be the only person in the world, but you may also be
the whole world to one person.
- Some mistakes are too much even to make them once.
- A truly happy person is one who on a detour. can enjoy the
scenery