



A Great Lesson on Stress

A young lady confidently walked around the room while explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, 'half empty or half full?'...

She fooled them all "How heavy is this glass of water?" she inquired with a smile.

Answers called out ranged from 8 oz. to 20 oz.

She replied , "The absolute weight doesn't matter. It depends on how long I 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." She continued, "**and that's the way it is with stress.** If we carry our burdens 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 - holding stress longer and better each time practiced.

So , as early in the evening as you can, **put all your burdens down.**

Don't carry them through the evening and into the night ... **Pick them up tomorrow.**

Each newsletter this year, we will give you a few cute 'de-stressors'

- ❖ Accept the fact 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.**