FIND YOUR DAY
Resetting Your Perspective Baseline

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.

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.

We all have PERSPECTIVE EMERGENCIES when the world seems to be crashing. Emulate a positive person, perform a random act of kindness, remember what’s most important in your life, or find your day.

We have all made it through a horrible day. That day puts all days in perspective. FIND YOUR DAY.

YOU DON’T STOP PLAYING BECAUSE YOU GROW OLD, YOU GROW OLD BECAUSE YOU STOP PLAYING.