

Stress Management

How heavy is a glass of water? The absolute weight does not matter, it depends on how long you try to hold it. If you hold it for a minute, that's not a problem. If you hold it for an hour, you'll have an ache in your arm. If you hold it for a day, you'll have to call an ambulance.

In each case, it's the same weight, but the longer you hold it, the heavier it becomes. That's the way it is with stress management.

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 are 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. Relax; pick them up later after you have rested.

Life is short. Enjoy it!
(source: Orange Peel Gazette, pg 6, vol 4, iss 5)