

Positively Speaking

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Stressed Out

I saw an interesting sign on a box the other day -- "Warning, contents may explode under stress!"

Don't you wish volatile people had labels like that? "Warning -- This person is all stressed out and ready to explode!" Then, we'd all know when to steer clear!

Of course -- from time to time, we'd all have to wear a label like that -- because stress is common to us all.

Life is stressful. The day you're free from stress is the day they carry you away in a casket. We can't expect to be stress-free this side of heaven. Businessman, Malcolm Forbes recognized this when he said, "If you have a job without aggravations, you don't have a job."

We can learn to deal with our situations, however, so the stress won't get the best of us! Here are a few thoughts on beating stress in your daily life:

1. Try to take life one day at a time. Poet Robert Frost said, "Just take things as they come, and handle them the best you can."
2. Remember, a little bit of faith can move mighty mountains!
3. If they don't derail you, your problems will develop you! As long as you keep an open heart, you will grow through your painful situations. Refuse to retreat into a hard shell. Instead, with an open heart, face the situation and embrace what comes.
4. Use what you have. Don't worry about what you don't have. We must each paint our rainbow from the colors we've been given.
5. Don't allow dread and gloom to cast dark shadows into your life. A lot of folks are like Charlie Brown, who said, "I've developed a new philosophy -- I only dread one day at a time."
6. Dump the baggage. The more junk you carry with you from the past, the less likely you will be to experience a better tomorrow.
7. Think beyond the present situation. As Albert Einstein observed, "The significant problems we face cannot be solved at the same level at which we created them."
8. No problem is unsolvable! Keep looking until you find a good solution!

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