

Proven Stress Relievers

1. Get up fifteen minutes earlier in the morning. The inevitable morning mishaps will be less stressful.
2. Prepare for the morning the evening before. Set the breakfast table, make lunches, put out the clothes you plan to wear, etc.
3. Don't rely on your memory. Write down appointment times, when to pick up the laundry, when library books are due, etc. (The palest ink is better than the most retentive memory.—Old Chinese Proverb)
4. Do nothing which, after being done, leads you to tell a lie.
5. Make duplicates of all keys. Bury a house key in a secret spot in the garden and carry a duplicate car key in your wallet, apart from your key ring.
6. Practice preventive maintenance. Your car, appliances, home and relationships will be less likely to break down/fall apart "at the worst possible moment."
7. Eliminate (or restrict) the amount of caffeine in your diet.
8. Procrastination is stressful. Whatever you want to do tomorrow, do today; whatever you want to do today, do it now.
9. Plan ahead. Don't let the gas tank get below one quarter full, keep a well-stocked "emergency shelf" of home staples; don't wait until you're down to your last bus token or postage stamp to buy more, etc.
10. Don't put up with something that doesn't work right. If your alarm clock, wallet, shoe laces—whatever are a constant aggravation, get them fixed or get new ones.
11. Allow 15 minutes of extra time to get to appointments. Plan to arrive at an airport one hour before domestic departures.
12. Be prepared to wait. A paperback can make a wait in a post office line almost pleasant.
13. Always set up contingency plans, "just in case." (If for some reason either of us is delayed, here's what we'll do. . ." kind of thing; or, "If we get split up in the shopping center, here's where we'll meet.")
14. Relax your standards. The world will not end if the grass doesn't get mowed this weekend.
15. Pollyanna-power! For every one thing that goes wrong, there are probably 10 or 50 blessings—count 'em!
16. Ask questions. Taking a few moments to repeat back directions, what someone expects of you, etc. can save hours. (The old saying, "the hurrieder I go, the behinder I get," idea applies.)
17. Say "NO!" Saying no to extra projects, social activities and invitations you know you don't have the time or energy for takes practice, self-respect and a belief that everyone and every day needs quiet time to relax and to be alone.
18. Unplug your phone. Want to take a long bath, meditate, sleep or read without interruption? Drum up the courage to temporarily disconnect. (The possibility of there being a terrible emergency in the next hours or so is almost nil.)

19. Turn "needs" into preferences. Our basic physical needs translate into food and water, and keeping warm. Everything else is a preference. Don't get attached to preferences.

20. Simply, Simplify, SIMPLIFY.

21. Make friends with nonworriers. Nothing can get you into the habit of worrying faster than associating with chronic worriers.

22. Take a hot bath or shower (or a cool one, in summertime) to relieve tension.

23. Wear earplugs. If you need to find a quiet spot at home, do it.

24. Get enough sleep. If necessary, use an alarm clock to remind you to go to bed.

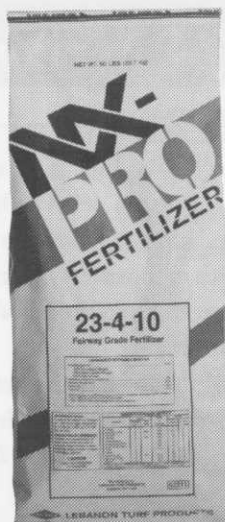
25. Create order out of chaos. Organize your home and workspace so that you always know exactly where they belong, and you won't have to go through the stress of losing things.

26. When feeling stressed, most people tend to breathe in short, shallow breaths. When you breathe like this, stale air is not expelled, oxidation of the tissues is incomplete, and muscle tension frequently results.

27. Writing your thoughts and feelings down (in a journal, or on paper to be thrown away) can help you clarify

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things and can give you a renewed perspective.

28. Try the following yoga technique whenever you feel the need to relax: inhale deeply through your nose to the count of eight. Then, with lips puckered, exhale slowly through your mouth to the count of 16, or for as long as you can. Concentrate on the long sighing sound and feel the tension dissolve. Repeat 10 times.

29. Inoculate yourself against a feared event. Just as a vaccine contains a virus that can protect you from illness, if you expose yourself to one or more of the dreaded aspects of an experience beforehand, you often can mitigate your fears.

30. When the stress of having to get a job done, diversion—a voluntary change in activity and/or environment may be just what you need.

31. Get up and stretch periodically if your job requires that you sit for extended periods.

32. One of the most obvious ways to avoid unnecessary stress is to select an environment (work, home, leisure) which is in line with your personal needs and desires. If you hate desk jobs, don't accept a job that requires you to sit all day. If you hate to talk politics, don't associate with people who love to talk politics, etc.

33. Learn to live one day at a time.

34. Everyday, do something you really enjoy.

35. Add an ounce of love to everything you do.

36. Talk it out. Discussing your problems with a trusted friend can help clear your mind of confusion so you can concentrate on problem solving.

37. Do something for somebody else.

38. Focus on understanding rather than on being understood, on loving rather than on being loved.

39. Do something that will improve your appearance. Looking better can help you feel better.

40. Become more flexible. Some things are worth not doing perfectly and some issues are well to compromise upon.

41. Eliminate destructive self-talk, "I'm too old to . . .," "I'm too fat to . . ." etc.

42. Use your weekend time for a change of pace. If your work week is slow and patterned, make sure there is action and time for spontaneity built into your weekends. If your work week is fast-paced and full of people and deadlines, seek people and solitude during your days off.

43. Worry about pennies and the dollars will take care of themselves.

44. Do one thing at a time. When you are with someone, be with that person and with no one or nothing else. When you are busy with a project, concentrate on doing that project and forget about everything else you have to do.

45. Allow yourself time—everyday—for privacy, quiet, and introspection.

46. If an especially "unpleasant" task faces you, do it early in the day and get it over with. Then the rest of your day will be free of anxiety.

47. Learn to delegate responsibility to capable others.

48. Don't forget to take a lunch break. Try to get away

from your work area in body and mind, even if it's just for 15 or 20 minutes.

49. Forget about counting to 10, count to 1000 before doing something or saying anything that could make matters worse.

50. Have a forgiving view of people and events. Accept the fact that we live in an imperfect world.

51. Have an optimistic view of the world. Believe that most people are doing the best they can.

Riverside Behavioral Services
Mental health intake telephone number for
children, adolescents, adults and seniors'

(612) 371-6600 Answered 24 hours

1994 State Golf Schedule

May

- 21-22 MPGA State Seniors Championship,
Monticello Country Club, Monticello
- 23 USGA Open Local Qualifying,
Willingers Golf Club, Northfield
- 31 MGA-PGA Cup Matches,
The Links at Northfork, Ramsey

You Are Someone Special Believe in Yourself

Throughout the year we teach about importance of families and their uniqueness. In her book, *Traits of a Healthy Family*, Dolores Curren lists characteristics for keeping families healthy. Following is a list of some of these traits:

1. The healthy family communicates and listens.
2. The healthy family affirms and supports one another.
3. The healthy family teaches respect for others.
4. The healthy family develops a sense of trust.
5. The healthy family has a sense of play and humor.
6. The healthy family exhibits a sense of shared responsibility.
7. The healthy family teaches a sense of right and wrong.
8. The healthy family has a strong sense of family line and tradition.
9. The healthy family has a balance of interaction among members.
10. The healthy family respects the privacy of one another.
11. The healthy family values service to others.
12. The healthy family values timetables and conversation.
13. The healthy family shares leisure time.
14. The healthy family admits to seek help with problems.