

## Stress Relievers —

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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.