

How Heavy Is Your Burden?



A lecturer confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone thought they knew what question was going to be asked, 'half empty or half full?'... The question was - "How heavy is this glass of water?" Answers called out ranged from 8 oz. to 20 oz.

"The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm."

"If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes, and that's the way it is with stress.' 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're refreshed, we can carry on with the burden - holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... Pick them up tomorrow.

Some Good Ways to Deal with Stress.

- ◆ Accept that some days you're the pigeon, and some days you're the statue.
- ◆ Always keep your words soft and sweet, just in case you have to eat them.
- ◆ Always read stuff that will make you look good if you die in the middle of it.
- ◆ If you can't be kind, at least have the decency to be vague.
- ◆ If you lend someone \$20 and never see that person again, it was probably worth it.
- ◆ Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- ◆ Nobody cares if you can't dance well. Just get up and dance.
- ◆ Since it's the early worm that gets eaten by the bird, sleep late.
- ◆ When everything's coming your way, you're in the wrong lane.
- ◆ Some mistakes are too much fun to only make once.
- ◆ We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.
- ◆ A truly happy person is one who can enjoy the scenery on a detour.

Source: unknown