

Stress Relief

Summer vacation is fast approaching. It is a busy time. We are feeling the excitement, the sense of accomplishment, the fulfillment of a job well done. It is also a stressful time as we race to meet all the end of school year deadlines. I was **“stressing”**, trying to decide what to write for this issue of PTA in PA. I share the following heard in a stress management workshop.

A lecturer when explaining stress management to an audience raised a glass of water and asked **“How heavy is this glass of water?”**

Answers called out ranged from 20g to 500g.

The lecturer replied, **“The absolute weight doesn’t matter!** It depends on how long you try to 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.”**

He continued, **“And 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. **“So, my PTA friends, whatever burdens you’re carrying now, let them down for a moment if you can. Pick them up after you’ve rested a while.”**

Here are some great ways of dealing with the burdens of life:

*Accept that some days you’re the pigeon, and some days you are 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.

***Drive carefully.** It’s not only cars that can be recalled by their maker.

***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.**

***The second mouse gets the cheese.**

***When everything comes your way,** you’re in the wrong lane.

***Birthdays are good for you.** The more you have, the longer you live.

***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.

***You may be only one person in the world, but You may also be the world to one person!**