

# Happy Faces



# NOT

# stress cases



**Sleep-** If you need an alarm clock to wake up, you aren't getting enough sleep. Studies recommend a minimum of eight hours of sleep a night. **Volunteer and donate-** Do something good for others. By volunteering and donating you can improve your own life by knowing you did something to make the day brighter for someone else.

**Say "no"-** You can't do everything. Saying no can reduce a great deal of stress and make you a better person to be around for the people or activities to which you do commit. **Find your passion-** What do you like to do? Find that thing that provides passion into your life and spend time involved in it.



**Write thank you notes-** Make the day brighter for someone else (and even yourself). **Phone a friend-** It's been said "a friend is someone who knows everything about you and likes you anyway." Call a friend up, go to lunch, and talk about why you are happy, sad, angry, frustrated, or scared.

**Breath deeply-** When things get crazy, try a yoga technique. Take a deep breath and slowly release it over a ten seconds. **Take breaks-** Get away from the task at hand for a few minutes. For every hour that you work, take five minutes to stretch, get a bite to eat, or walk around the block. Just remember to get back to work at the end of

**Don't procrastinate-** Too often we put things off until the last minute causing a great deal of stress and, in many cases, a lack of sleep. Plan ahead and work on projects in gradual steps. **Wake up earlier-** By giving yourself just 15 more minutes each morning, you can make the trip to work or school less stressful.



**Hug-** When we were babies, people held us and hugged us. As we get older, we sometimes forget we still need that human affection. Hug close friends and family. **Eat healthy-** By consuming a healthy diet, you will feel more energetic. The increased energy and confidence from the healthy diet will improve your daily outlook & attitude.

**You can't take it with you-** In the end, you have to leave the money and material possession behind. Spend more time fostering friendships and benefit from the riches they provide. **Read-** Take 30 minutes each day and read something you enjoy. Reading can provide you a release from the stresses & struggles that you currently face.

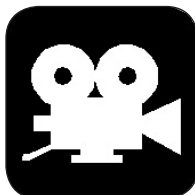
**Drink less caffeine-** Too much caffeine in a diet can increase stress. Reduce the amount of soda and coffee you drink each day and enjoy the results. **Spoil yourself-** Take yourself out to ice cream. Buy that outfit you want to wear to the dance. Do something nice for yourself on a regular basis to reward the things you are doing well.



**Exercise-** Studies show that regular exercise reduces stress & the risk of heart disease. Just 30 minutes a day will make a big physical & mental difference. **Listen to music-** Music can inspire a great deal of emotion. Whether it be *Dashboard Confessional* or *50 Cent*, music almost always assists in the pursuit of a happiness & reduced stress.

**Read comics first-** Studies have shown this can actually improve your daily outlook. Instead of beginning your day bogged down with the death and destruction of the front page, read the comics first! **Color outside the lines-** We often fall into patterns that make our day monotonous. Try something new to bring some excitement!

**Challenge yourself-** Nothing feels better than accomplishing something you originally thought was impossible. Challenge yourself to set new goals and achieve them. **Watch a movie-** Go out and enjoy the latest movie Hollywood has to offer. Enjoy the action, romance, and comedy & escape for a bit from the stresses of your life.



**Be a kid again-** Remember age five. Get excited over the simple things in life: ice cream, fireflies, cartoons, etc. **It doesn't matter-** 40 years from now when you are sitting on the porch with your grandchild, it doesn't matter which grade you earned or not having a date for prom. Don't stress out over little things. Life will work out okay.

## Recommended Reading

*Chicken Soup for the Soul* by Jack Canfield & Mark Victor Hansen  
*The Diving Bell & The Butterfly* by Jean-Dominique Bauby  
*Don't Sweat the Small Stuff... and it's all small stuff* by Richard Carlson  
*The Jester Has Lost His Jingle* by David Saltzman  
*Letters to a Young Poet* by Rainer Maria Rilke  
*The Little Prince* by Antoine Saint-Exupéry  
*Tuesdays with Morrie* by Mitch Albom

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