



For the Garden of Your Daily Living...

Plant three rows of peas:

1. Peace of mind
2. Peace of heart
3. Peace of soul

Plant four rows of squash:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant four rows of lettuce:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

No garden is without turnips:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

To conclude our garden we must have thyme:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with patience, and cultivate with love.

There is much fruit in your garden because you reap what you sow.

"Life can be understood only looking behind, but can be lived only looking ahead." *Soren Kierkegaard*

Take a load off your mind

WHEN explaining stress management to an audience, a lecturer raised a glass of water and asked, "How heavy is this glass of water?" Answers that were called out ranged from 20 to 500 grams.

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 will not be able to carry on.

"As with the glass of water, you have to put your burden down for a while and rest before holding it again. When we are refreshed, we can carry on."

So before you go home tonight, put down your burdens from work. Don't carry them home—you can pick them up again tomorrow.

Whatever burdens you are carrying now, release them, if only for a moment. Relax ... pick them up later, after you've rested. Take care of yourself.



"I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time." *Anna Freud*



Take a break!

"A good rest is half the work."
(Yugoslav Proverb)

Strong work ethic? You can still justify taking a break. In fact, we NEED to take breaks—regularly and frequently. Why? WE WORK MORE EFFECTIVELY WHEN WE DON'T WORK SO MUCH.

Rest periods and vacations break our work routines. They help SHIFT OUR THINKING from its habitual, stuck patterns. They create the SPACE FOR ENERGY AND CREATIVITY to flow. They give us TIME FOR REFLECTION, so we can step back and look at what's happening in our lives with greater detachment. We become more sensitive and aware.

And finally, we are stronger when we BALANCE DOING with BEING. All work and no play throws our life out of balance and endangers our health. Our bodies and minds need sufficient rest for recuperation. This is critically important with the level of stress in our lives these days.

"The time to relax is when you don't have time for it." (Sidney J. Harris)

"I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently." (Ernest Hemingway)

"You are what you repeatedly do. Excellence is not an event—it is a habit." *Aristotle*