

Small Tips For Managing Big Distress

Small Tips For Managing Big Distress by Dr. Augie Orci

Get up 15 minutes earlier. Prepare for the morning the night before. Avoid tight fitting clothes. Avoid relying on chemical aids. Set appointments ahead. Don't rely on your memory... Write it down. Practice preventive maintenance. Make duplicate keys. Say "no" more often. Set priorities in your life. Avoid negative people. Use time wisely. Simplify meal times. Always make copies of important papers. Anticipate your needs. Repair anything that doesn't work properly. Ask for help with the jobs you dislike. Break large tasks into bite-size portions. Look at problems as challenges. Look at challenges differently. Unclutter your life. Smile. Be prepared for rain. Tickle a baby. Pet a friendly dog/cat. Don't know all the answers. Look for the silver lining. Say something nice to someone. Teach a kid to fly a kite. Walk in the rain. Schedule play time into every day. Take a bubble bath.

Be aware of the decisions you make. Believe in yourself. Stop saying negative things to yourself. Visualize yourself winning. Develop your sense of humor. Stop thinking tomorrow will be a better today. Have goals for yourself. Dance a jig. Say hello to a stranger. Ask a friend for a hug. Look up at the stars. Practice breathing slowly. Learn to whistle a tune. Read a poem. Listen to a symphony. Watch a ballet. Read a story curled up in bed. Do a brand new thing. Stop a bad habit.

Buy yourself a flower. Take time to smell the flower. Find support from others. Ask someone to be your "vent partner". Do it today. Work at being cheerful and optimistic. Put safety first. Do everything in moderation. Pay attention to your appearance. Strive for excellence not perfection. Stretch your limits, a little each day. Look at a work of art. Hum a jingle. Maintain your weight. Plant a tree. Feed the birds. Practice grace under pressure. Stand up and stretch. Always have a Plan B. Learn a new doodle. Memorize a joke. Be responsible for your feelings. Learn to meet your own needs. Become a better listener. Know your limitations and let others know them too. Tell someone to have a good day in pig Latin. Throw a paper airplane. Exercise every day. Learn the words to a new song. Get to work early. Clean out one closet. Play patty cake with a toddler. Go on a picnic. Take a different route to work. Leave work early with permission. Put air freshener in your car. Watch a movie and eat popcorn. Write a note to a far away friend. Go to a ball game and scream. Cook a meal and eat it by candlelight. Recognize the importance of unconditional love. Keep a journal. Practice a monster smile. Remember you always have options. Have a support network of people places and things. Quit trying to "fix" other people. Get enough sleep. Talk less and listen more. Freely praise other people. Sing out loud. Listen to nature. Think about a peaceful place, a good friend, or a happy event. Relax, take each day one at a time... You have the rest of your life to live.