

## Laugh Away Stress

Ways to maintain a healthy level of insanity:

During your lunch break, sit in your parked truck with sunglasses on and point a hair dryer at passing cars. *See if they slow down.*

*Page yourself over the intercom.* Don't disguise your voice.

Order a Diet Water whenever you go out to eat, *with a serious face.*

By Sarah White  
District III-Andrews

**Work on STRESS...  
Before it works on YOU!**

## BEAT THE BLUES

By: Sarah C. Jones  
Clay County Equipment

Do you always see the cup as half empty or half full?

Do you know how to make lemonade out of lemons?

For someone with depression or "the blues" these expressions mean nothing. When life serves you lemons and you make lemonade you are making a conscious choice to find something sweet and good from negative things.

The first step to finding something positive in your life is to accept the fact that you are feeling down. Not feeling happy today doesn't mean you're a bad person nor have no hope—you have just gotten comfortable with a certain response or habit when confronted with stress or problems. Your life may be full of negative things, but your attitude and reaction can make these things worse or better! Start with a positive thought for the day—I am alive, not 6 feet under!! Create new ways of reacting to stress and agitation. For example: Do you and your kids scream and whine when getting ready for school? Make it easier on yourself and them and have them lay their book bag, shoes, and homework needing to be signed at the front door and lay their clothes out the night before. Then enforce the no changing your mind rule and no going back if they forgot it they face the consequences and will learn responsibility. If it's stress at your job, can you take a breather from your desk and stretch to reach the moon on tip-toes? For those stuck in a truck, relax by starting with your toes, move them around in shoes, then flex ankles, then straighten knees and bend them, etc. until you've moved upwards through your whole body. Try to find one nice thing that you have to be grateful for everyday and look for the good in others instead of



## BRAINTEASER:

On average how many pounds of bananas do Americans eat per year? *Answer: 30 pounds*

What is okay to serve but not to eat?  
*Answer: a tennis ball*

By Mildred Turpin  
Division Office, Sylva

focusing on their faults. SMILE—no matter how hard it is, try to smile and other people around you will smile back and everyone will be happier or they'll at least be refocused from their anxieties trying to figure out why you are smiling!

Our newsletter will have quarterly thoughts and suggestions on how to master your life and fight the blues. Remember, when you accept that life is hard and stressful and you need help dealing with it--- this means you are on the road to recovery and will win the battle to Beat the Blues!



**This is the day** to take a walk. Or a stroll. A brisk pace wouldn't hurt, either. It's the day to take the long way around. Or maybe, just the stairs. Because for each hour of regular, vigorous exercise, you could gain two hours of life expectancy. This is the day to get fit.

Visit [go.heart.org](http://go.heart.org) or call 1-888-AHA-222.  
American Heart Association