



Did you know.....



- **Stress just is....it is not good or bad! Stress pioneer Hans Selye said that “*Stress is the Spice of Life!*” and “*the absence of stress is death.*”**
- **In most everyday life situations, stress comes from our perceptions of things outside of ourselves and our inner self-talk. We still have a choice on how we react to things, so life events do not *make us* feel a certain way. No one *makes us* feel a certain way. WE DO!**
- **Manage Stress – Don’t Carry it! – Realize that stress can be positive – stress is not always bad. It can heighten your sense of involvement, bring excitement to your world, but all too often people view stress as unwelcome and negative. Stress Managers contain their stress, while Stress Carriers cope with their stress by giving it to everyone else!**
- **Stressed spelled backwards is desserts. It shows how sweet stress can be!**
- **Stress Comes from Within – not Without – Remember that stress does not come from the outside. For example, the holidays do not make us stressed in themselves – rather it is our take on outside events and how we view what happens on the outside that causes us to be stressed. If our Norman Rockwell-like holiday fantasies and ideals clash with the reality of our own less than perfect lives, we experience a disconnect of what we think “should be.” Making peace with “what is” rather than what “should be” will help us thrive and not just survive during any season!**

So Thrive - not Just Survive....in Face of Stress!