

STRESS SQUASHERS

The following "stress squashers" are offered by Anthony Saville, professor of educational administration at the University of Nevada, Las Vegas:

1. *Play checkers, ping pong, or horseshoes.* They are much more relaxing than games other people play such as "who's got the biggest house or the highest priced car."
2. *Develop a sense of the ridiculous.* Learn to laugh at yourself and at life's knocks. Humor melts stress.
3. *Resign from the Supreme Court.* It's OK to be concerned about matters, but adding to your stress level through constant criticisms of others - - no way!
4. *Learn to worry effectively.* Hardly anyone breaks down from overwork - - only over-worry! Your attitude and thoughts make you what you are.
5. *Don't hold on to dynamite after it is lit.* Walk away from unnecessary fights or quarrels - - go wrestle a concrete telephone pole! Try to discuss rather than argue.
6. *Develop your self-esteem.* Pin a medal on yourself for work well done. Go out to eat or to a show. Don't confuse what you do with who you are. Be positive about life.
7. *Watch your spending habits.* Don't spend \$20 on a 25-cent problem. Put things in the right perspective. It may be important today, but who cares five years from now? Five hundred years from now?
8. *Don't buy an airline to visit Uncle Joe.* You needn't buy a cow to get a glass of milk, either. Don't make big deals out of everything. Simplify life.
9. *Imagine yourself on wheels.* You'd never abuse your car like you do your body. Watch your diet, exercise, get plenty of rest, get checkups.
10. *Celebrate the temporary.* Don't wait until you retire to enjoy life. Celebrate it now! Life is what happens to you while you make other plans.
11. *Ventilate with vigor.* Get a babble buddy - - someone who will listen. Talk about your problems, tensions, and concerns. Get a pet if people won't listen.
12. *Stay away from leaping contests with kangaroos.* Cut down on your Type A personality. Don't compete with everyone all the time. Don't compare yourself with others, only with realistic standards you've set for yourself.
13. *Take a trip on a rainbow.* Look at all the beautiful things around you on the way. It's really a lovely world if you take time to look at it.
14. *Take a rocket to Mars,* or a trip to the garage, a cave, or the basement, where you can be by yourself. Take time every day to relax, meditate, to be alone.
15. *Take slowdown training.* Don't be in a rush all the time. Plan more time for everything including yourself, your work, and your recreation.
16. *Be an electromagnet - - not flypaper.* Attract positive things and people but release them easily and naturally if things are not right. Don't be stuck with everything and everyone that's an nuisance or a burden.
17. *Learn to daydream.* It's OK to fantasize if you don't do it all the time. Tomorrow's dream takes the stress out of today's burdens.