

## Stress Management

*A lecturer, when explaining stress management to an audience, raised a glass of water and asked,*

*"How heavy is this glass of water?"*

*Answers called out ranged from 20g to 500g.*

*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 won't be able to carry on.*

*As with the glass of water, you have to put it down for a while and rest before holding it again.*

*When we're refreshed, we can carry on with the burden.*

*So, before you return home tonight, put the burden of work down.*

*Don't carry it home. You can pick it up tomorrow.*

*Whatever burdens you're carrying now, let them down for a moment if you can.*

*So, my friend, why not take a while to just simply RELAX.*

*Put down anything that may be a burden to you right now.*

*Don't pick it up again until after you've rested a while.*

*Life is short. Enjoy it! ~ unknown*