

Ten Commandments For Stress Reduction



- I. THOU SHALT NOT BE PERFECT, OR EVEN TRY TO BE.
- II. THOU SHALT NOT TRY TO BE ALL THINGS TO ALL PEOPLE.
- III. THOU SHALT SOMETIMES LEAVE THINGS UNDONE.
- IV. THOU SHALT NOT SPREAD THYSELF TOO THIN.
- V. THOU SHALT LEARN TO SAY “NO”.
- VI. THOU SHALT SCHEDULE TIME FOR THYSELF AND FOR THY SUPPORT NETWORK.
- VII. THOU SHALT SWITCH THYSELF OFF, AND DO NOTHING REGULARLY.
- VIII. THOU SHALT NOT EVEN FEEL GUILTY FOR DOING NOTHING, OR SAYING NO.
- IX. THOU SHALT BE BORING, UNTIDY, INELEGANT, AND UNATTRACTIVE AT TIMES.
- X. ESPECIALLY, THOU SHALT NOT BE THINE OWN WORST ENEMY. BUT, BE THINE OWN BEST FRIEND.

