

Insights, Thoughts and Points to Ponder on... Stress Awareness & Related

*Engage yourself in the next aspect of your life.
Don't mope around an unsuccessful or disappointing decision.
Look through the windshield, not in the rear view mirror.*

Alan Weiss

Stress related to change is interesting. Life involves cycles and rhythms—in all areas and aspects of life. Change is a fact of life. Some personalities and behavioral styles often seek out change, while others resist it. In exploring what it is about change that can zap enthusiasm, the most obvious relates to the unknown—not knowing what to expect or what will be expected of the people involved. Then there is the unknown related to how things are going to be before, during and after the change takes place.

Antoinette S. Webster

Awareness is always the first step because if you are not aware, there is nothing you can change.

Don Miguel Ruiz

Stress related to Focus of Attention can be more like a reality check. Is your focus of attention on *what is not* (past ~ regret, future ~ worry) instead of *what is* (the present moment, situations, etc.). Where, and how, we focus our attention definitely affects our stress levels.

Antoinette S. Webster

The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.

Barbara Kingsolver

Success means fulfilling your own dreams, singing your own song, dancing your own dance, creating from your heart and enjoying the journey, trusting that whatever happens, it will be OK. Creating your own adventure!

Elana Lindquist

The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem.

Theodore Rubin

Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.

Michael Jordan

Problems do not go away. They must be worked through or else they remain, forever a barrier to the growth and development of the spirit.

M. Scott Peck