

TEN COMMANDMENTS FOR REDUCING STRESS

1. Thou shalt not be perfect nor even try to be.
2. Thou shalt not try to be all things to all people and spread thyself too thin.
3. Thou shalt leave things undone that ought to be done.
4. Thou shalt not criticize thyself for decisions that were made without the benefit of hindsight.
5. Thou shalt learn to say 'No'.
6. Thou shalt schedule time for thyself and thy supportive network.
7. Thou shalt switch off and do nothing regularly.
8. Thou shalt be boring, untidy, inelegant, and unattractive at times.
9. Thou shalt not feel guilty!
10. Especially, thou shalt not be thine own worst enemy, but be thy best friend.

By Hillary Langford