

To: Fred Greenway [REDACTED] Jim Sinclair [REDACTED]
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From: Caramine Kellam
Sent: Mon 5/9/2011 11:42:58 AM
Subject: Fw: How heavy is your Glass?

I liked this.....corny or not..

LESSON FOR EVERYONE HERE.

A young lady confidently walked around the room while leading and explaining stress management to an audience; with a raised glass of water, and everyone knew she was going to ask the ultimate question, 'half empty or half full?'..... she fooled them all... "How heavy is this glass of water?", she inquired with a smile.

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I 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."

She continued, "and that's the way it is with stress. 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 - holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into

the night... pick them up tomorrow.

Whatever burdens you're carrying now, let them down for a moment. Relax, pick them up later after you've rested. Life is short. Enjoy it and the now 'supposed' stress that you've conquered!"

1 * Accept the fact that some days you're the pigeon, and some days you're the statue!

2 * Always keep your words soft and sweet, just in case you have to eat them.

3 * Always read stuff that will make you look good if you die in the middle of it.

4 * Drive carefully... It's not only cars that can be recalled by their Maker..

5 * If you can't be kind, at least have the decency to be vague

6 * If you lend someone \$20 and never

see that person again, it was probably
worth it..

7 * It may be that your sole purpose in life
is simply to serve as a warning to others.

8 * Never buy a car you can't push.

9 * Never put both feet in your mouth at
the same time, because then you won't
have a leg to stand on.

10 * Nobody cares if you can't dance well.
Just get up and dance.

11 * Since it's the early worm that gets
eaten by the bird, sleep late.

12 * The second mouse gets the cheese.

13 * When everything's coming your way,
you're in the wrong lane.

14 * Birthdays are good for you. The more you have, the longer you live.

15 * You may be only one person in the world, but you may also be the world to one person.

16 * Some mistakes are too much fun to make only once.

17 * We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.

18 * A truly happy person is one who can enjoy the scenery on a detour.

19 * Have an awesome day and know that someone has thought about you today.

20 * It was I, your friend!

*Save the earth..... It's the only planet
with chocolate !*