



## 12 Simple Truths for Less Stress

by award-winning author / stress-relief expert Susie Mantell

I've come to believe that 5 categories pretty much comprise what it is to live a life:

- ❖ Opportunities
- ❖ Possibilities
- ❖ Challenges
- ❖ Risks
- ❖ ...and the Choices we make when we are presented with each

As we explore our individual needs, goals and objectives in an effort to create lives that are authentic, healthy, joyful and meaningful, naturally we must seek to reduce and release stress wherever we can.

### Let's take a look at a few basic truths:

1. Life is always about choices, even when it doesn't feel that way. Our responses and perspectives are always choices.
2. We're never too old to learn, to change, or to apologize so that we can grow. Every day counts.
3. Stress happens. And it happens every day. How we manage stress determines the quality of our lives.
4. Personal Style + Integrity + Flexibility = Balance
5. The mind informs the body, and stress impacts our health, relationships, and who we will become.
6. Every interaction stems from one of two roots: Love or Fear.
7. The Golden Rule is still a very, very good idea.
8. One smile can turn two people's entire days around.
9. Love heals. So practice laughter and forgiveness. Anger will never heal.
10. To love anyone requires a leap of faith in ourselves, in them, and in the power of love, itself.
11. We can spend a lifetime grieving for what was or never was, or we can live for what is or could be.
12. Every day we either grow toward the light or wither on the vine. (And that, too, is a daily choice.)

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