



## Autism & Stress: An Inspiring Message for Every Parent by a Gifted Mom for Her Remarkable Autistic Son

Use your imagination and substitute what you could "Yes" for someone small, or perhaps someone grown, as you read this beautiful poem by Sally Meyer for her remarkable son, Dhylan.

### Just For This Day...

Just for this morning, I am going to smile whenever I see your face  
and laugh when I feel like crying.

Just for this morning, I will let you wake up softly, all ruffled in your flannel,  
and I will hold you until you are ready.

Just for this morning, I will let you choose what you want to wear,  
and smile and say you're beautiful.

Just for this morning, I am going to step over the laundry, and pick you up,  
and take you to the park to play.

Just for this morning, I am going to eat a huge breakfast, with bacon, eggs, toast and waffles,  
and you don't have to eat any.

Just for this morning, I will leave the dishes in the sink  
and let you teach me how to put that 100 piece puzzle together.

Just for this afternoon, I will unplug the telephone, and keep the computer off,  
and sit with you in the garden, blowing bubbles.

Just for this afternoon, I will not yell once, not even a tiny grumble  
when you scream and whine for the ice cream truck, and I will buy you one if he comes by.

Just for this afternoon, I won't worry about what you are going to be when you grow up  
or who you might have been before your diagnosis.

*Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at [www.relaxintuit.com](http://www.relaxintuit.com)*

CONTINUED



### Autism & Stress

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

Just for this afternoon, I will let you help me bake cookies,  
and I won't stand over you trying to 'fix' things.

Just for this afternoon, I will let you put all kinds of barrettes in my hair and put lipstick on my face,  
and I will tell you how pretty you have made me look.

Just for this afternoon, I will take you to McDonalds and buy us both a Happy meal,  
so you can have both toys.

Just for this evening, I will hold you in my arms and tell you a story about how you were born  
and how much we love you.

Just for this evening, I will let you splash in the bathtub  
and not get angry when you throw water over your sister's head.

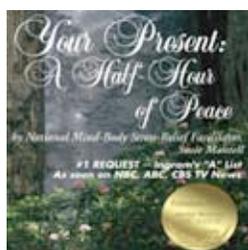
Just for this evening, I will let you stay up late,  
while we sit on the porch swing and count all the stars.

Just for this evening, I will bring you glasses of water, and snuggle beside you for three hours,  
and miss my favorite show on TV.

Just for this evening, when I kneel down to pray, I will simply be grateful for all that I have  
and not ask for anything, except just one more day.

Autism is not the end of the world. . . . just the beginning of a new one.

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## END OF THIS TIP##