



## Humor's Healing Power: Boomer Humor Stress-Buster Break (Source: Anonymous Forward)

Every once in awhile, one of those anonymous email "Forwards" catches our attention because it is funny, or true... or like the one below, both:

### A. A. A. D. D. [ Age-Activated Attention Deficit Disorder]

- ~ I decide to water my garden.
- ~ I look over at my car and decide it needs washing.
- ~ As I start toward the garage, I notice mail on the porch table that I brought up from the mailbox earlier. I decide to go through the mail before I wash the car. I lay my car keys on the table, put the junk-mail in the garbage can, and notice the can is full. So I decide to put the bills back on the table and take out the garbage first.
- ~ But then, since I'm going to be near the mailbox when I take out the garbage, I decide that I may as well pay the bills first and then take out the garbage.
- ~ Opening my checkbook, I see that there is only one check left. My extra checks are in my desk, so I go inside the house, where I find the bottle of water I'd been drinking.
- ~ I'm going to look for my checks, but first I need to push the water aside so that I don't accidentally knock it over. The bottle is getting warm, so I decide to put it in the refrigerator.
- ~ As I head toward the kitchen, a vase of flowers on the counter catches my eye. It needs water, but I discover my reading glasses that I've been searching for all morning. I'd better put them back on my desk, but first I'm going to water the flowers. I set the glasses back down on the counter, where I spot the TV remote. Someone left it on the kitchen table.
- ~ I know that tonight, when we go to watch TV, we'll be looking for the remote, but I won't remember it's on the kitchen table, so I'd better put it back in the den where it belongs. First, I'll water the flowers.

*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



**Humor's Healing Power: Boomer Humor Stress-Buster Break**  
by award-winning author / stress-relief expert Susie Mantell

- ~ I pour some water in the flowers, but quite a bit of it spills on the floor. So I set the remote back on the table, get some towels, and wipe up the spill.
- ~ Then, I head down the hall, trying to recall what I was about to do. . .

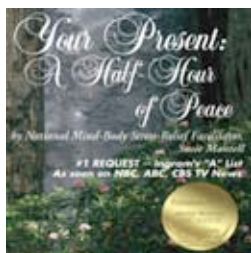
At the end of the day ...

- The car isn't washed.
- The bills aren't paid.
- There is a warm bottle of water sitting on the counter.
- The flowers are dead.
- There is still only one check in my checkbook.
- My son is yelling, "Where is the remote?"
- I can't find my glasses... and I don't recall what I did with the car keys.

How can that be? I was so busy all day long and I'm exhausted. I realize this is a problem, and I'll try to get some help for it, but first I just need to check my e-mail. . .

**Enjoy a lot more (and more serious) Free Stress-Relief Tips at [www.relaxintuit.com](http://www.relaxintuit.com)**

*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)*



## END OF THIS TIP ##