

A decorative border of palm trees surrounds the text. The border consists of a top row of 18 palm trees, a bottom row of 18 palm trees, and two vertical columns of 18 palm trees each on the left and right sides.

## 10 GREAT STRESS REDUCERS

1. Juggle fewer balls
2. Get organized
3. Take care of yourself
4. Live in the present
5. Communicate honestly and responsibly
6. Cultivate an optimistic, appreciative attitude
7. Make your "self-talk" positive
8. Laugh--make time for fun
9. Live and let live
10. Help others

"I cannot and should not be cured of my stress, but merely taught to enjoy it."

--Hans Selye

"There is no such thing as a problem without a gift for you in its hands. You seek problems because you need their gifts."

--Richard Bach