

0. *Kom...*

- ◆ **Add fun to work.**

Slow Down.

Don't rush life; you're dead a very long time.

- ◆ **Don't take your work home.**

It will still be there when you get back to it.

Give your family your undivided attention.

- ◆ **Take regular time off.**

Planned - weekly, regular holidays. Don't wait for a crisis to force it.
Unplanned - "A Gift Of Time"

- ◆ **Use support systems.**

Have at least one good friend.

Surround yourself with people who are good for you.

Pets.

- ◆ **Share your stories.**

You are in good company; you are not alone.

Don't deny yourself support at the very time that you need it.

- ◆ **Laugh more often.**

Therapeutic use of humor.

Keep humor files, share jokes, enjoy.

- ◆ **Let go of the guilt.**

Acknowledge it, let go of it, change the message you give yourself.

RULE OF THUMB:

- ◆ **Relaxation Techniques.**

Multiple techniques available. Meditation, Spirituality.

Practice during "rehearsals"; be ready for the "performance".