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<< **STRESS (Continued): 10. Simplify life.** Simplify your routines, your commitments, your information intake, your cluttered rooms, the mass of stuff going on in your life ... and have less stress as a result.

11. Unschedule. Create more open periods in your life. It's not necessary to schedule every minute of our lives! Learn to having an open schedule ... you'll find yourself enjoying your own "quality time!"

12. Slow down. Instead of rushing through life, learn to take things slow. Enjoy your food, enjoy the people around you, enjoy nature.

13. Help others. Although it may sound contradictory to add more tasks to your life by helping others ... whether volunteering for a charity organization or just making an effort to be compassionate towards people you meet, you'll feel good and lower your stress level! Learn to take it easy, enjoy yourself, and let things happen, as you work to make the lives of others better.

14. Relax routinely. It's important to take mini-breaks during the day!

15. Quit work ... your absolute biggest stressor! (This one's drastic, and probably too drastic for most). Getting out of your 9-to-5, automating your income, and finding something you truly love to do, that you're passionate about, will create a positive life and much less stressful one at that! "Profits are in your passion!"

16. Edit your to-do list. Learn to simplify your to-do list down to the few essential tasks, and you will enjoy the process much more.

17. Exercise. Works for stress relief, stress prevention and makes you fit and better equipped to handle stress!

18. Eat healthy. Goes hand-in-hand with exercise!

19. Be grateful. Develop an **"attitude of gratitude!"** Be grateful for what you have, for the people in your life, and see it as a gift. With this outlook on life, stress will go down and happiness will go up!

20. Create a peaceful environment where you can pray, meditate and reflect ... ggd ©

Choice

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The Newsletter Of AARP Chapter 1952

Warner Robins, Georgia
"To Serve - Not To Be Served"
www.Choice1952.com

Meeting Dates/Time: **Wednesday, August 26th** (10:00 A.M.) and **Wednesday, September 16th** (10:00 A.M.)
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

Officers	Names	Telephone	Board Of Directors	Telephone
President	Frank Gadbois	953-7788	Ivis Bedrick	923-4533
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Choice Editor/Typist	Greg Davis	318-0471	William Hancock	923-7312
			Nancy Harrison	922-1526

Birthdays For August

Clyde Mathe	5 th	Vi Hanson	9 th	James Strawn	12 th	Jean Hendry	13 th
Leon Leonard	15 th	Virginia Lineberry	16 th	Grace Jordan	24 th	James Kling	26 th
Allison Caruso	28 th	Irene Eaves	28 th	Evelyn Boster	31 st	Dot Dauby	31 st

Birthdays For September

Greg Davis	1 st	Mary Lappano	1 st	Dore Montes	4 th	Agnes Partlow	6 th
Phyllis Blount	8 th	Ivis Bedrick	15 th	Harris McMillan	16 th	Donald Cunningham	19 th

WE CARE

For each new morning with its light, For rest and shelter of the night, For health and food, For love and friends, For everything Thy goodness sends. **Ralph Waldo Emerson (1803-1882)** "Blessed are those who mourn, For they shall be comforted." **Matthew 5:4**



The IRS decides to audit Grandpa, and summons him to the IRS office.

The IRS auditor was not surprised when Grandpa showed up with his attorney. The auditor said, **'Well, sir, you have an extravagant lifestyle and no full-time employment, Which you explain by saying that you win money gambling. I'm not sure the IRS finds that believable.'**

'I'm a great gambler, and I can prove it,' says Grandpa. **'How about a demonstration?'** The auditor thinks for a moment and said, **'Okay. Go ahead.'** Grandpa says, **'I'll bet you a thousand dollars that I can bite my own eye.'**

The auditor thinks a moment and says, **'It's a bet.'** Grandpa removes his glass eye and bites it. The auditor's jaw drops. Grandpa says, **'Now, I'll bet you two thousand dollars that I can bite my other eye.'** Now the auditor can tell Grandpa isn't blind, so he takes the bet. Grandpa removes his dentures and bites his good eye.

The stunned auditor now realizes he has wagered and lost three grand, with Grandpa's attorney as a witness. He starts to get nervous. **'Want to go double or nothing?'** Grandpa asks **'I'll bet you six thousand dollars that I can stand on one side of your desk, and pee into that wastebasket on the other side, and never get a drop anywhere in between.'** The auditor, twice burned, is cautious now, but he looks carefully and decides there's no way this old guy could possibly manage that stunt, so he agrees again.

Grandpa stands beside the desk and unzips his pants, but although he strains mightily, he can't make the stream reach the wastebasket on the other side, so he pretty much urinates all over the auditor's desk. The auditor leaps with joy, realizing that he has just turned a major loss into a huge win. But Grandpa's attorney moans and puts his head in his hands. **'Are you okay?'** the auditor asks.

'Not really,' says the attorney. **'This morning, when Grandpa told me he'd been summoned for an audit, he bet me twenty-five thousand dollars that he could come in here and pee all over your desk and that you'd be happy about it.'**

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Editor's Notes: Newsletters will be available at our meetings and will continue to be mailed to our advertisers and sponsors. As we continue to update our membership roster please renew/update your membership ... still a "bargain" at only **\$5.00/year!** **Thank You Trudy Deep** for volunteering to manage our membership roster! Additionally, **Thank You Helen Daly** for your foundational support/service to keep our rosters updated!

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As **your** Editor I'm open to suggestions for our newsletter! So please, keep your membership status/information current, get your newsworthy information and/or photographs to me as soon as possible and help me (us) get (and keep) new advertisers!

Please contact me at **478/318-0471** and/or via e-mail at **gdavismail@gmail.com!**

Sincerely,

Greg (Formerly Known As "Da Baby") Davis ggd ☺

Stress ... Some Practical Ways To "Manage" It!

A stress-free life? Impossible. Stress is a response to challenges in life, and a life without challenge is too boring to contemplate. However, most of the stress in our lives is unnecessary, and it can be eliminated by taking some simple (and some not-so-simple) steps. It can't be accomplished overnight ... but each step you take toward stress-relief is a step toward better health.

1. Identify stressors. This is the most important step of all! What people, activities, things cause stress in your life? Make a Top 10 list, and see which of them can be eliminated, and start to weed them out. For those that can't, find ways to make them less stressful.

2. Eliminate unnecessary commitments. We all have many commitments in our life, starting with work but also including commitments related to kids, our spouses, things to do at home, other family, civic, side work, religious, hobbies, online activities and more. Consider each of them, the amount of stress they provide, and the value you get out of them. Edit brutally, and take steps today to remove the ones that stress you out the most.

3. Stop procrastinating. We all do this, of course. But allowing stuff to pile up will stress us out. Find ways to take care of stuff now (form a **"Do It Now"** habit) and keep your inbox and desk clear.

4. Get organized. We're all disorganized to some extent. Even if we've organized something, and created a great system for keeping it that way, things tend to move towards chaos over time. Take time to get things in your life organized, starting with your desk and the papers in your home, and moving on to other areas.

5. Be on time. Being late always stresses us out. We have to rush to get ready, rush to get there, and stress out the whole time about looking bad and being late. Learn the habit of being early, and this stress disappears.

6. Give up on control. We are not the **"Masters of this Universe!"** Although we sometimes wish we were, but acting as if we are is a sure way to get stressed out. Trying to control situations and people doesn't work,. Learn to let go, and accept the way that other people do things, and accept what happens in different situations. The only thing you can control is yourself - work on that before you consider trying to "control the world." Also learn to separate yourself from tasks and to delegate them.

7. Quit/reduce multitasking. Having multiple tasks going on at the same time might seem productive, but in actuality it slows us down from actually focusing on a task and completing it - and it stresses us out in the meantime. Learn to "single-task."

8. Eliminate energy drains. Certain things in our life just cause us to be more exhausted than others, with less value. Identify them, and cut them out. You'll have much more energy and much less stress. Happiness ensues.

9. Avoid difficult people. You know who they are! You could confront them and do battle with them, but that will most certainly be difficult. Just cut them out of your life.



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