

3-18

Ball Family

From: Ball Family [righteousoaks@voyager.net]

Sent: Tuesday, October 18, 2005 10:17 PM

Subject: 10 Commandments

**TEN COMMANDMENTS FOR
STRESS REDUCTION**

- I. Thou shalt not be perfect, or even try to be.**
- II. Thou shalt not try to be all things to all people.**
- III. Thou shalt sometimes leave things undone.**
- IV. Thou shalt not spread thyself too thin.**
- V. Thou shalt learn to say "no".**
- VI. Thou shalt schedule time for thyself and for thy support network.**
- VII. Thou shalt switch thyself off, and do nothing regularly.**
- VIII. Thou shalt not even feel guilty for doing nothing, or saying no.**
- IX. Thou shalt be boring, untidy, inelegant, and unattractive at times.**
- X. Especially, thou shalt not be thine own worst enemy. But, be thine own best friend.**