

How Do You Deal with Stress?

MOSAIC staff share their stress busters.

"When things get really bad, I block my time. I work in one hour or half hour segments and sometimes I even operate 15 minutes at a time. I ask myself, *what is crucial to be done in that hour, ½ hour or 15 minutes?*"

"When I get up in the morning I choose only ONE thing that absolutely needs to be done in the day. If I accomplish that one task, I feel good. The rest can wait."

"I hug my kids, I laugh with them. I hold hands quietly with my partner and enjoy his company, even if it's only for 5 minutes. They are five solid minutes."

"I get together with friends. Even in the winter when we can't go golfing, video golfing together lifts our spirits."



"I look for opportunities to be in the fresh air, gardening in the summer, shovelling in the winter."

"I exercise regularly at the gym. It enables me to visually see myself as stronger and able to handle the day's challenges. Even if I feel I don't have energy to go, once I go, I feel much better and am glad I went."

"I volunteer once a week teaching swimming to children with special needs. It takes me completely out of myself. I have fun and know in a small way that I've helped make someone happy that day."

"I try to stay positive. Smiling and having a positive attitude just makes everything easier."

"I run with a group of friends four times a week. It doesn't matter what stresses we may face during the day, because after the run, we feel good. We've exercised, breathed in fresh air, shared our stories and our laughter – and all in just 40 minutes."

"I escape with music. A few minutes playing the piano, or listening to classical music on route in the car, or moving to jazz while cleaning the kitchen and the rest of the busy world just seems to disappear."

