

HOW TO HANDLE STRESS

#1 Be the cause of it!!

- * Jam tiny marshmallows up your nose and try to sneeze them out.
- * Use your Master Card to pay your Visa bill.
- * Pop some popcorn without putting the lid on.
- * When someone says " Have a nice day!" - tell them you have other plans.
- * Find out what a frog in a blender really looks like.
- * Make a list of things that you have already done.
- * Put your toddler's cloths on backwards and send him off to preschool as if nothing was wrong.
- * Thumb through *National Geographic* and draw underwear on the natives.
- * Go shopping. Buy everything. Sweat in them. Return them the next day.
- * Drive to work in reverse.
- * Read the dictionary backwards and look for subliminal messages.
- * Start a nasty rumor and see if you recognize it when it gets back to you.
- * Bill your doctor for the time you spent in his waiting room.