

HOW TO AVOID A HEART ATTACK: 11 WAYS TO REDUCE STRESS

1. Slow down! Allow yourself idling time before and after. Don't hurry while eating! Regard eating as an event to take pleasure in, not as a race to a goal.
2. Schedule something relaxing every day. Take small holidays during the day somewhere you can walk, run, sit, meditate, or daydream.
3. Try to do one thing at a time. If you are driving, just drive. Don't take notes, talk on the phone, or dictate a report while driving. Simply drive. If you are sitting and relaxing, simply relax. Don't watch your fax machine, pick up the phone, or listen to your voice mail.
4. Always being busy and in a hurry is a sign of success in our society — fight this image!
You can't be successful and dead at the same time. What good is winning the race if you die at the finish line? Work deliberately, effectively, and at a comfortable pace.
5. Before you approach a task, ask yourself, Is it worth doing? Why is it worth doing? Seven years from now, will it matter whether I've done it or not? Must it be done in a hurry?
6. Money spent can be earned again. Time spent is forever lost. Buy time with your money.
Take time off on a regular basis.
7. Interrupt long periods of work with periods of relaxation. Stretch, daydream, take a nap or a walk.
8. Find your unique way of relaxing. Jogging and exercise are not for everybody. Maybe you prefer working in the garden or hanging upside down. Do what is relaxing for you and do it on a daily basis.
9. Try driving in the slow lane of the highways. The idea is to reduce your urge to go as fast as possible all of the time.
10. In conversation, try to listen. Try not to be in a hurry to get your point across. Try to learn through listening.
11. Try to smile and laugh at yourself at least once a day.