

Relieving Stress With Humour

Judy's 7 Ingredients for Living Well That Don't Include Tofu!

1. Positive Attitude

"A positive attitude may not solve all of your problems, but it will annoy enough people to make the effort worth it."

Reader's Digest Hern Albright

2. Perseverance

"When you come to the end of your rope, tie a knot and hang on."

Franklin D. Roosevelt

3. Forgiveness

"To forgive is to set a prisoner free and discover that the prisoner was you."

Louis B Smedes

4. Faith

"Be faithful in small things because it is in them that your strength lies."

Mother Theresa

5. Family/ Friends

"Families are like fudge. Mostly sweet- with a few nuts."

Anonymous

6. Activity – Mental

"Man's mind stretched to a new idea never goes back to its original dimensions."

Oliver Wendell Holmes Jr.

7. Activity – Physical

"Know laughter is good. To do laughter is better. To be laughter is THE BEST." Dr. Madan Kataria (Physician and Laughter Yoga Guru)

'you're only given a little spark of madness'- you mustn't lose it.'

robin williams

