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STRESS RELIEF

(Humour and helpful tips to enhance your life)

NEWSLETTER

OCTOBER - DECEMBER 2016

Stop Waiting for Happiness to Arrive!

Too many people think of happiness as the ultimate goal of life. But, if you're waiting for happiness to arrive then it's likely that it never will!

You convince yourself that life will be happy when you're married. When the mortgage is paid off. When you have children. When the weekend arrives. Next summer. Whatever particular dream you have, you're sure that when you reach it you'll finally be happy.

Unfortunately, this way of thinking is a trap. You're always wanting something more, always looking forward to a time when you'll be "happy". And, if you fall into this trap, you'll never reach that goal. When you get married, you might wish your partner was more affectionate or more proactive. When you have children, you might find their young age restrictive and long for them to grow up too quickly. When you've paid off that mortgage you might long for a better house, a better neighborhood, a better car. Life will pass you by with that goal of happiness forever in sight but never quite in reach.

Happiness should not be your life's goal, it should be your life! The only time to be happy is right now! It's state of mind, not a set of accomplishments or the accumulation of material

things. There is no time to achieve happiness other than right now. You must accept that life will always have challenges and things will not always go your way and make the decision to be happy right now.



Instead of feeling disappointed when things don't work out the way you'd hoped, feel grateful for the experience. Instead of dreaming of a brighter, happier, richer tomorrow, make today as wonderful as you can. Treasure each moment that you have air in your lungs and treasure the people you share those moments with.

Alfred D. Souza put this perfectly when he said, *"For a long time it had seemed to me that life was about to begin – real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, or a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life."*

His perspective helped me to see that happiness is a conscious decision and that I can make it right now. He's not saying that having dreams, goals and ambitions is a bad thing. Thinking of the future and having aspirations is essential to leading a happy and fulfilled life. The trick is not to let thoughts of the

SELF-INKING RUBBER STAMPS

▶ Blue ▶ Red ▶ Black



GET UP TO 50,000 IMPRESSIONS

REFILLS ALSO PROVIDED

I would like to go to Heaven, but I'm already in hell.



"WE LIKE YOUR DESIGN, BUT FRANK HAS A LINE CHANGE, JUDY WANTS A COLOUR TONED DOWN, JOE WANTS TO ADD A PHOTO, I HAVE SOME FONT CHANGES, JOHN HAS A SIZE ISSUE AND JIM WANTS THE TEXT CENTRED AT THE TOP."

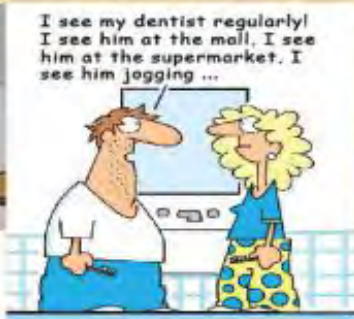
future overshadow your enjoyment of the present and the appreciation of the things and people you have in your life right now!

There is no way to happiness: happiness is the way!

Stop waiting to meet your soulmate, to get married, to have children, to pay off your mortgage. For Friday night, for payday, for the summer time. Stop waiting for happiness to

arrive and simply decide to be happy! It's not some great goal or destination, it's a journey and a way of life. Why not try it out today?

**Work like you don't need money.
Love like you've never been hurt.
And dance like no one's watching!**



GIVE TIME TO YOUR FAMILY



After 21 years of marriage, my wife wanted me to take another woman out to dinner and a movie. She said, *"I love you, but I know this other woman loves you and would love to spend some time with you."*

The other woman that my wife wanted me to visit was my MOTHER, who has been a widow for 19 years, but the demands of my work and my three children had made it possible to visit her only occasionally. That night I called to invite her to go out for dinner and a movie. *"What's wrong, are you well?"* she asked.

My mother is the type of woman who suspects that a late night call or a surprise invitation is a sign of bad news. *"I thought that it would be pleasant to spend some time with you,"* I responded. *"Just the two of us."* She thought about it for a moment, and then said, *"I would like that very much."*



That Friday after work, as I drove over to pick her up I was a bit nervous. When I arrived at her house, I noticed that she, too, seemed to be nervous about our date. She waited in the door with her coat on. She had curled her hair and was wearing the dress that she had worn to celebrate her last wedding anniversary. She smiled from a face that was as radiant as an angel's. *"I told my friends that I was going to go out with my son, and they were impressed,"* she said, as she got into the car. *"They can't wait to hear about our meeting."*

We went to a restaurant that, although not elegant, was very nice and cozy. My mother took my arm as if she were the First

Lady. After we sat down, I had to read the menu. Her eyes could only read large print. Half way through the entries, I lifted my eyes and saw Mom sitting there staring at me. A nostalgic smile was on her lips. *"It was I who used to have to read the menu when you were small,"* she said. *"Then it's time that you relax and let me return the favor,"* I responded. During the dinner, we had an agreeable conversation – nothing extraordinary but catching up on recent events of each other's life. We talked so much that we missed the movie. As we arrived at her house later, she said, *"I'll go out with you again, but only if you let me invite you."* I agreed.

"How was your dinner date?" asked my wife when I got home. *"Very nice. Much more so than I could have imagined,"* I answered.

A few days later, my mother died of a massive heart attack. It happened so suddenly that I didn't have a chance to do anything for her. Some time later, I received an envelope with a copy of a restaurant receipt from the same place mother and I had dined. An attached note said: *"I paid this bill in advance. I wasn't sure that I could be there; but nevertheless, I paid for two plates – one for you and the other for your wife. You will never know what that night meant for me. I love you, son."*

At that moment, I understood the importance of saying in time: *"I LOVE YOU"* and to give our loved ones the time that they deserve. Nothing in life is more important than your family. Give them the time they deserve, because these things cannot be put off till *"some other time."*

We cannot direct the Winds ...but we CAN adjust the Sails!

As we grow older, and hence wiser; we slowly realize that: Whether we wear a \$300 or \$30 watch ...they both tell the same TIME . Whether we carry a \$300 or \$30 wallet/handbag ... the amount of money inside is the same. Whether we drink a bottle of \$300 or \$30 or \$3 wine ... the hangover is the same. Whether the house we live in is 300, 3,000, or 30,000 sq. ft. ...the Loneliness is the same. And we realize our true inner happiness does not come from the material things of this world. Whether we fly First or Economy Class, if the plane goes down ...we go down with it. Whether we fly First or Economy Class, if the plane reaches its destination ... everyone arrives at the same time. Therefore, we should realize that when we have mates, buddies and old friends, brothers and sisters, with whom we can chat, laugh, talk, sing, share about north-south-east-west or heaven and earth ...THAT is true Happiness!

6 Undeniable Facts of Life

1. Don't educate your children to be rich. Educate them to be Happy, so when they grow up they will know the Value of things - not the price.
2. Best wise words: "Eat your food as your medicines. Otherwise you'll have to eat medicines as your food."
3. The one who loves you will never leave you because, even if there are 100 reasons to give up, he or she will find One reason to hold on.
4. There is a big difference between a human being and 'being' human.
5. You are loved when you are born. You will be loved when you die. In between, you'll have to manage!
6. If you just want to walk fast, walk alone; but, if you want to walk far - Walk Together!

6

Best Doctors in the World

1. Sunlight
2. Rest
3. Exercise
4. Diet
5. Self Confidence
6. Friends

Life is
BETTER
WHEN YOU'RE
laughing



"R. Sims, A Man of Conviction" sounds better than "R. Sims, Prison Parolee".

Failure is *not*
falling down but
refusing to get
up. -Chinese proverb

Stop putting your
life on hold for
someone special.
You are someone
SPECIAL! ❤️



Marriage is a
Workshop...
where
husband works
wife shops...

A Short Course in Human Relations

The 6 most important words: **I ADMIT THAT I WAS WRONG!**

The 5 most important words: **YOU DID A GREAT JOB!**

The 4 most important words: **WHAT DO YOU THINK?**

The 3 most important words: **COULD YOU PLEASE...**

The 2 most important words: **THANK YOU!**

The most important word: **WE.**

The least important word: **I.**

A husband and wife were coming from a funeral when suddenly the wife asked, "Honey, if I die before you, would you get married again?"

The husband said, "No sweetie."

The woman said, "I'm sure you would."

So the man said, "Okay then, I would"

Then the woman asked, "Would you let her sleep in our bed?"

And the man shouted, "Oh, hell no!"

Then the wife asked, "Would you let her use my new guitar?"

And the husband replied, "No, she's left handed."

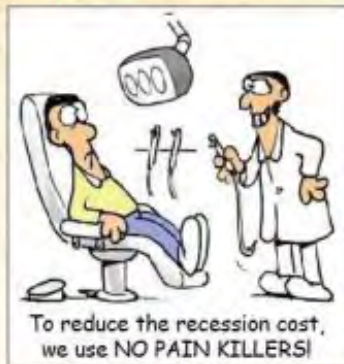
One night a man walks into a bar looking sad. The bartender asks the man what he wants. The man says, "Oh just a beer".

The bartender asked the man, "What's wrong, why are you so down today?"

The man said, "My wife and I got into a fight, and she said she wouldn't talk to me for a month".

The bartender said, "So what's wrong with that?"

The man said "Well the month is up tonight".



Two men are discussing their lives.

One says, "I'm getting married. I'm sick of a messy apartment, dirty dishes, and no clothes to wear."

The other one says, "Hey, I'm getting divorced for the same reasons."

Christmas Word Search

O B E A Y H A R E E S P G L R T
 F R Q N G L E T O B A R N R V I
 C W N I A I I T N Y M E I U S N
 M O E A N C E M E A T S F D T S
 Y L O D M L Y N A U S E F O H E
 S L E K T E M D R F I N U L G L
 O E L S I I N K N U R T T P I C
 R U I O H E E T T A H S S H L A
 F M H C H Y S S T O C K I N G S
 S E I R R E B N A R C S E V L E

Candycane	Chimney	Christmas	Cookies
Cranberries	Elves	Family	Holly
Lights	Mistletoe	Ornament	Presents
Reindeer	Rudolph	Santa	Sleigh
Stockings	Stuffing	Tinsel	Turkey



Beautiful things happen when you distance yourself from the negative.

Our Office will be closed from Friday 16th December, 2016 and will re-open on Wednesday 4th January, 2017

We are wishing you

Merry Christmas

And all the best for the coming New Year!



WARNING!

When you drink Vodka over ice, it can give kidney failure.

When you drink Rum over ice it can give you liver failure.

When you drink Whiskey over ice it can give you heart failure.

When you drink Gin over ice it can give you brain problems.

Clearly, ice is REALLY bad for you!



"Frankly sir, we are tired of being on the cutting edge of technology."



We Always Feel that GOD Never comes on Time When We Call Him... But the Truth is He is Always on Time But We are Always in Hurry.

after all our online chats, it's nice to finally meet you in person.

same here!



BE KIND TO NURSES. THEY CHOOSE YOUR CATHETER SIZE.



Remember last week you went to bet on your racehorse Betty?

Yeah!

Well, guess what? Betty just called



REMEMBER!

Decisions

- Life is about tough decisions :
 - to give up or go on
 - hold back or give it your all
 - to love or to leave
- we never know when to do what but we learn from it whichever way we go...

A teacher takes a *Hand*, opens a *Mind* and touches a *Heart*



Don't let worry get you down! Remember, **MOSES** started out as a **BASKET CASE!**

Even though I don't know what tomorrow will bring, I'm going to hold my head high, think positive and expect the best.

Love, Success, Happiness and Wealth

A poor man came home one night to find four strangers sitting outside his home. "You must be travellers, please come in and have something to eat." He said to them politely.

"Is your wife home?" They asked,

"no," He replied, "she went in town with my daughter and son",

"Then we cannot come in till they arrive", The strangers answered simply.

The man was confused but he nonetheless went inside. Evening came and his wife and children returned from town, he told them what happened.

"Tell them we've arrived and invite them in" The wife said, the son went out and invited the four strangers in.

"We do not go to a house together," They replied.

"Why is that?" The son asked, curious.

One of the strangers stood up and explained, "Because, his name is Wealth" He said pointing to one of his friends and then the other two, "and their names are Success and Happiness, and I am Love" Then he added, "now go back and decide which one of us you want in your home"

The boy went in and told his mum and dad, "How nice, let's invite success so he may bring success in our lives," the dad said.

The mother disagreed, "let's invite wealth in"

The daughter voiced her own opinion, "why not invite happiness in?"

The son stood in the middle of the house, then he jumped in with his own suggestion.

"Would it not be better to invite love?" He said quietly.

"Let us listen to our son and invite Love to our home" The father said and told his son to invite Love in.

The son once again went out "which one of you is Love? come with me" he said kindly.

Love got up and started walking towards the house, the other three also followed behind. Surprised the boy asked, "I though you said only one of you can come in?"

Love smiled and replied "If you had invited Wealth, success or happiness the other three of us would have stayed out. But since you invited Love in, we all go. For wherever there is love, there is also Wealth, Success and Happiness."