



# Between the Lines

## The Inside Story

THE SCRIBBLER - PHIL DiDOMENICO'S WORDS TO LIVE BY.

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### Stressbuster...

If I have a physical ailment, and with me they are more frequent these days, there is usually a pill I can take to make myself feel better, however, if I am in stress distress what then? Some days I can deal with anything but there are days that it takes very little to wish that I could just disappear. Most stress starts with our inability to cope with the actions or performance of other people, friends, neighbors, family, co-workers, and yeah, even pets.

Ok, here it is, the stress pill...focus on positive thoughts...like gratitude, kindness; compassion and forgiveness open your mind to accept others, faults and all. None of the above works if you attempt to practice them from behind a computer screen and a key-board, what happened to face to face. It took some time for me to realize when I address a group "I" determine the mood; "I" create the climate, the way "I" feel makes the attitude of everyone in the room. Yes, you CAN try this at home without professional supervision...

You have an option every day, to live it in a negative way or a positive way...which one would you guess will give you stress. Being positive does not mean put your head in the sand and ignore life's less pleasant situations, as I've been accused of many times by some friends and my family. It means that you have to look at the options in each situation, sometimes they are obvious and present themselves, and you know the old adage "What do you do if you end up with lemons...bla, bla". So many of life's stumbling blocks are not so simple and you have to work at finding the positives. "Life can be so sweet on the sunny side of the street" (Satchmo). When you have a positive day full of sunshine and everything goes your way do you ever wonder why, just think about it... could it have anything to do with your attitude? Accentuate the positive. A rosy outlook will make the future appear brighter and have a contagious affect.

Put things in prospective, being 10 minutes late for dinner one night this week is more important than the largest event of your life 10 years ago, the present moment has more meaning than you could ever imagine.

**Whether you think you can, or you think you can't...you're right...**

**Be committed to find and use the positives instead of skepticism to impress others...**