



Staying Up in an Upside-down World Newsletter

Fuzzy Pink....Handcuffs!

Created by Darren Lang (Professional Speaker & Trainer)
info@darrenlang.com, (306) 569-2433

When we're stressed out at work, home or wherever, it helps to take a few seconds to "shift your thoughts" to something a little lighter. One way to do this is to focus on your "Top 3". "Top 3" can mean trying to find 3 positives in the situation that is currently stressing you or simply thinking about your general "Top 3" list of any 3 memories that put a smile on your face.

A few months ago, I was work-shopping the "Top 3" idea with a group in Calgary. "What's one thought you would put on your top 3 list" I asked. A woman named Susan, in the front row, immediately blurted out "fuzzy pink handcuffs!"

I'm thinking to myself, "this is more information than I was bargaining for." After debating for a second or two "should I or shouldn't I ask her to explain", I couldn't resist and said..."do you want to elaborate on that." Susan smiled and said, "I'm a kinder-garden teacher and it was show and tell day. Little Hana skips up to the front of the class with a white plastic bag. Hana says "I wooked and wooked all ova da house for somting for show and tell. I finally wooked in my mommy's room and found these fuzzy pink handcuffs....aren't they pretty."

The other kids responded with words like "Wow", "Cool" and "Can I try them?" Before the line-up formed to try these things on, I quickly wrapped up show and tell for the day." Susan added, "you know, after that, I never quite looked at that mom the same way again."

De-stress Tip:

Susan gives us a great example of how having a funny thought on your "Top 3" list can instantly get your thoughts moving in a different direction and provide a little stress relief.

Make your own stress busting "Top 3" list. There's a couple of ways you can do it:

Specific List-If you have a person or event that usually flips your stress switch, do a top 3 list to address these specific areas.

Generic List-This can be any 3 memories that put a smile on your face. Look at it everytime you need a stress break.

Note: When making your list, use a specific thought, don't just think of your kids, think of the time they brought you breakfast in bed, as that's where the emotion lies.

Quote to Ponder:

“If you ask what is the single most important key to longevity, I would have to say it is avoiding worry, **stress** and tension. And if you didn’t ask me, I’d still have to say it.” – comedian George Burns

De-stress a friend:

Forward this email to a friend who could use a boost. It’s easy for them to sign-up and absolutely free. They just send an email to xlent@sasktel.net with “Subscribe” in the subject line. **Note:** Your email address is shared with no one.

Contact Info:

Darren Lang is a Professional Speaker and Trainer who specializes in helping clients reduce stress and stress leave. If you know someone who could benefit from Darren’s message at their next training day, quarterly staff meeting or conference, please ask them to give Darren a call.

Ph: (306) 569-2433 E-mail: info@darrenlang.com

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De-stress and feel your best!