**Ten Commandments for Stress Reduction**

**I. Thou shalt not be perfect, or even try to be.**

**II. Thou shalt not try to be all things to all people.**

**III. Thou shalt sometimes leave things undone.**

**IV. Thou shalt not spread thyself too thin.**

**V. Thou shalt learn to say "no."**

**VI. Thou shalt schedule time for thyself and thy support network.**

**VII. Thou shalt switch thyself off, and do nothing regularly.**

**VIII. Thou shalt not even feel guilty for doing nothing, or saying no.**

**IX. Thou shalt be boring, untidy, inelegant, and unattractive at times.**

**X. Especially, thou shalt not be thine own worst enemy. But, be thine own best friend. *(The Big Nickel)***

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