



"Ten Commandments" **to Reduce Stress**

1. Thou shalt not be perfect
or even try
2. Thou shalt not try to be all things
to all people
3. Thou shalt leave undone things
that ought to be done
4. Thou shalt not spread thyself
too thin
5. Thou shalt learn to say "NO"
6. Thou shalt make time for thyself
7. Thou shalt learn to switch off
and do nothing regularly
8. Thou shalt be boring, untidy and
unattractive at times
9. Thou shalt not feel guilty
10. Thou shalt not be
thine own enemy