

Take a moment for yourself.



When the pressures get too much for you and you know that the next thing that you will say or do is going to be born of frustration, **take a moment for yourself.**

Gracefully take your leave of the people around you, from the telephone or the taxing task and go walk-about.

When you get to your safe place, jump up and down or sing a song. Shout at the top of your voice. Or spend some time in meditation.

If you don't, you may react to something insignificant, in an inconsiderate way and regret it.

When I was involved in the project management of a multi-million rand project, I was faced by many demanding situations and characters. **Nothing seemed to happen as "I wanted it to." People never behaved in "the right way."**

At times **I created great pressure for myself.** I needed to find a release valve and did.

Often in the evenings I would paddle my canoe, far into Durban bay and shout out my frustrations. Sometimes I would go for a brisk walk. Or find a quiet place and slip into a meditative state. Or pick up my guitar and sing a few songs. **When I was calm, I was able to be more objective and clear about the way forward.**

When we realize that how we are feeling is more about how we view a situation, than the situation itself, then we suddenly have incredible power.

That power allows us to take a decision. Take a different action. To ask questions and listen clearly. To make a choice or change our perception of the situation. Or to go for a walk, or a paddle across a moonlit bay... and really shout out our homegrown frustrations!

This may work for you, or you may have your own ways of handling tension. If you do, use them. **None of us need to live a life of stress and frustration.** That is not a "LIFE" that is self punishment.

Take a moment for yourself and make your life, and those of the people around you, blossom. You owe it to yourself!

