Happy Faces NOT stress cases

Sleep - If you need an alarm clock to wake up, you aren't getting enough sleep. Studies recommend a minimum of eight hours of sleep a night. **Volunteer and donate** - Do something good for others. By volunteering and donating you can improve your own life by knowing you did something to make the day brighter for someone else.

Say "no" - You can't do everything. Saying no can reduce a great deal of stress and make you a better person to be around for the people or activities to which you do commit. **Find your passion** - What do you like to do? Find that thing that provides passion into your life and spend time involved in it.

Write thank you notes - Make the day brighter for someone else (and even yourself). **Phone a friend** - It's been said "a friend is someone who knows everything about you and likes you anyway.” Call a friend up, go to lunch, and talk about why you are happy, sad, angry, frustrated, or scared.

Don't procrastinate - Too often we put things off unto the last minute causing a great deal of stress and, in many cases, a lack of sleep. Plan ahead and work on projects in gradual steps. **Wake up earlier** - By giving yourself just 15 more minutes each morning, you can make the trip to work or school less stressful.

**Breath deeply** - When things get crazy, try a yoga technique. Take a deep breath and slowly release it over a ten seconds. **Take breaks** - Get away from the task at hand for a few minutes. For every hour that you work, take five minutes to stretch, get a bite to eat, or walk around the block. Just remember to get back to work at the end of it.

Drink less caffeine - Too much caffeine in a diet can increase stress. Reduce the amount of soda and coffee you drink each day and enjoy the results. **Spoil yourself** - Take yourself out to ice cream. Buy that outfit you want to wear to the dance. Do something nice for yourself on a regular basis to reward the things you are doing well.

**Read comics first** - Studies have shown this can actually improve your daily outlook. Instead of beginning your day bogged down with the death and destruction of the front page, read the comics first. **Color outside the lines** - We often fall into patterns that make our day monotonous. Try something new to bring some excitement!

**Hug** - When we were babies, people held us and hugged us. As we get older, we sometimes forget we still need that human affection. Hug close friends and family. **Eat healthy** - By consuming a healthy diet, you will feel more energetic. The increased energy and confidence from the healthy diet will improve your daily outlook & attitude.

You can't take it with you - In the end, you have to leave the money and material possession behind. Spend more time fostering friendships and benefit from the riches they provide. **Read** - Take 30 minutes each day and read something you enjoy. Reading can provide you a release from the stresses & struggles that you currently face.

**Exercise** - Studies show that regular exercise reduces stress & the risk of heart disease. Just 30 minutes a day will make a big physical & mental difference. **Listen to music** - Music can inspire a great deal of emotion. Whether it be Dashboard Confessional or 50 Cent, music almost always assists in the pursuit of a happiness & reduced stress.

Challenge yourself - Nothing feels better than accomplishing something you originally thought was impossible. Challenge yourself to set new goals and achieve them. **Watch a movie** - Go out and enjoy the latest movie Hollywood has to offer. Enjoy the action, romance, and comedy & escape for a bit from the stresses of your life.

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Patrick Maurer is a past club president, top ten lt. governor, & distinguished governor of the Cali-Nev-Ha District. Currently, he presents speeches, workshops, conferences, and teambuilding sessions to schools & organizations across the U.S. To get more information about Patrick or book him to come to your next assembly or event, please visit his website:

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Recommended Reading

*Chicken Soup for the Soul* by Jack Canfield & Mark Victor Hansen

*The Diving Bell & The Butterfly* by Jean-Dominique Bauby

*Don't Sweat the Small Stuff... and it's all small stuff* by Richard Carlson

*The Jester Has Lost His Jingle* by David Saltzman

*Letters to a Young Poet* by Rainer Maria Rilke

*The Little Prince* by Antoine Saint-Exupéry

*Tuesdays with Morrie* by Mitch Albom
What is Notepad++. Notepad++ is a free (as in “free speech” and also as in “free beer”) source code editor and Notepad replacement that supports several languages. Running in the MS Windows environment, its use is governed by GPL License. Based on the powerful editing component Scintilla, Notepad++ is written in C++ and uses pure Win32 API and STL which ensures a higher execution speed and smaller program size. By optimizing as many routines as possible without losing user friendliness, Notepad++ is trying to reduce the I'm just not interested. He's not bad-looking (= he is fairly attractive). He's not as tall as his father. A1. used to give the next word or group of words a negative meaning: I told you not to do that. I like most vegetables but not cabbage.Â used to express the possibility that something might not happen: Are you going to reply or not? I still don't know whether she's coming or not. humorous. sometimes used at the end of a statement to show that you did not mean what you have said: That was the best meal I've ever had - not! More examples.
Not definition is - —used as a function word to make negative a group of words or a word. How to use not in a sentence.

Adverb He was standing not six feet away from me. The bullet passed not five inches from my head! not. A word made popular in the early 90's by the movie Wayne's World. You add "not" to the end of a sentence to make blatant the sarcasm in the sentence itself. "What a totally amazing, excellent discovery NOT!!!" -Wayne Campbell. by commonwealth1325 October 23, 2003. 585. 217. About $NOT. Morphing between the alternative rap styles of the late 2010s, Florida-based rapper $NOT built his name with a relaxed approach to the eraâ€™s trap sonics. Making his musical debut with the 2017 single â€œBy Myself,â€ rapper $NOTâ€™s early career was defined by the D.I.Y. ethos of the era. Dipping his toes into numerous key scenes, the rapperâ€™s early releases varied from Playboi Carti-esque circular trap to the brash, screaming bangers of contemporaries like XXXTentacion. Define not. not synonyms, not pronunciation, not translation, English dictionary definition of not. expressing negation, denial, or prohibition: I will not answer your question. Not to be confused with: knot â€“ cord, rope, ribbon, or the like that is tied...À Not - definition of not by The Free Dictionary. https://www.thefreedictionary.com/not. Printer Friendly. Dictionary, Encyclopedia and Thesaurus - The Free Dictionary 12,497,236,006 visitors served. The :not() CSS pseudo-class represents elements that do not match a list of selectors. Since it prevents specific items from being selected, it is known as the negation pseudo-class.À /* Selects any element that is NOT a paragraph */ :not(p) { color: blue; }
The :not() pseudo-class has a number of quirks, tricks, and unexpected results that you should be aware of before using it. Syntax. The :not() pseudo-class requires a comma-separated list of one or more selectors as its argument.