

# Lighten Up and Enjoy the Journey of Life



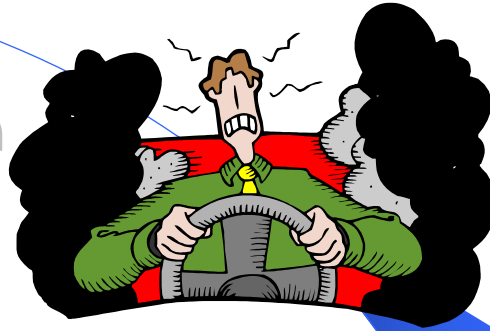
DIXIE SCHNEIDER PRESENTS

## The New A B C s

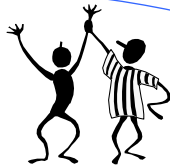
### ACRONYMS

AF	CAGE	CCR	CMAS		
	CSCF	DBE	DGS		
	DLA	DOD	DUNS		
		DVBE	EDI	ET	
		FAR	FedBizOpp		
GSA	HUBZone	IFB	MBE/WBE		
	NAICS	OSDBU	RFP	RFQ	
	PTAC	SBA	SBIF	SBDC	
	SCCRE	SDB	SDV		

## STRESS... a definition



- A mismatch between the demands in our lives and the resources we have to help us deal with those demands.
- Stress is not an event...It is your reaction to an event.



## How to Cut Stress



- Get organized
- Listen
- Take Deep Breathes
- Simplify your Life
- Exercise
- Get enough sleep
- Find alone time
- Eat a Balanced Diet
- Help other People
- Let other people do their own thing.
- Take each Day as it comes.
- Look for humor in problems
- Talk nice to yourself

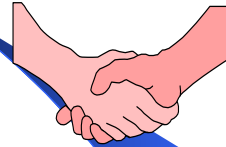
# Ways to Enjoy the Journey of Your Life

**Like Who you see in the mirror.**

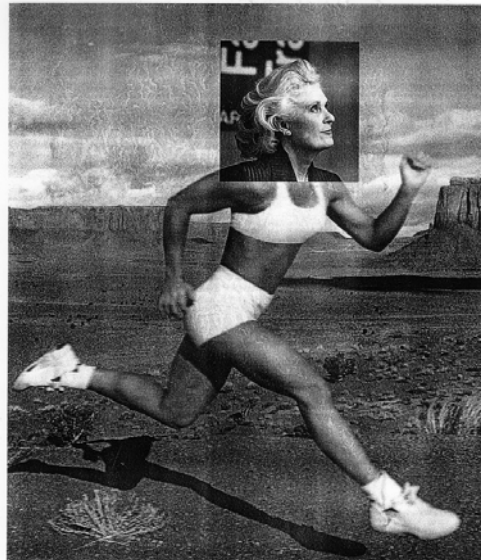
**A smile is a universal passport.**

**One person can make a difference.**

**Things work out for the people who make the best of the way that things work out.**



*Club World Fast Track Arrivals. Hit the ground running.*



If you're chasing a deadline, you'll appreciate fast track arrivals at Heathrow and Gatwick airports. Your own line to speed you through immigration so that as soon as you land you'll take off. One of the many benefits you'll find when you fly on new Club World.

**BRITISH AIRWAYS**  
The world's favourite airline

Available from October 2019. Details apply.

## The Keys to Successful People

- Flexible Creativity
- Optimistic Attitudes
- Persistence to continue in spite of adversity.
- Focus-Set Goals
- Balance between play and work.
- Sense of humor.
- Honest Values
- Skilled Risk Taker
- Good Self Esteem
- Physically Fit
- Walk your Talk
- Respect Others-

God, I love this place...  
Please be patient,  
I only work here because  
I am too old for a paper  
route,  
too young for Social  
Security and  
too tired to have an  
affair!



## **Humor has Healing Powers**



- **Laughter Lowers Blood Pressure**
- **It stimulates the flow of Beta Endorphins in the Brain**
- **Increases the production of T-Cells**
- **Increases overall sense of Well Being**
- **Rest your brain**

## **Humor has a place on the Job**

- **Fun helps to enhance communication.**
- **Humor is a necessity not a luxury.**
- **Laughter creates a bond between workers.**
- **Humor is a powerful tool for dealing with stress.**
- **Humor dispels anger and aggression.**

## Humorize the Environment

- **Make Humor Visible**
- **Hang up cartoons in your office**
- **Put on a happy face** Optimistic people are successes
- **Brighten the work environment**  
Not everyone has a window



## **The Ultimate Tune-Up**

Get more mileage out of life's  
Journey

- **Set aside Time just for you everyday (>30 minutes).**
- **One thing at a time** –Downshift-enjoy what you do.
- **Talk nice to yourself.** Like yourself
- **Learn to say No!**
- **Have a date with your special person regularly.**

## **A Recipe for Sanity**

**Are you worsted in a fight?**

**Laugh it off.**

**Are you cheated of your right?**

**Laugh it off.**

**Don't make tragedy of trifles,**

**Don't shoot butterflies with with rifles**

**Laugh it off.**



**Are you worsted in a fight?**

**Are you near all sort of brinks?**

**Laugh it off.**

**If it's sanity you're after**

**There's no recipe like laughter**

**Laugh it off**

**- Henry R. Elliot**