

Joint Health Command



Tension Busters

- ➔ Talk it out, don't implode.
- ➔ You only fail when you fail to learn.
- ➔ Stay flexible and adaptive.
- ➔ Don't fight what you can't change.
- ➔ Definition of FEAR - False Evidence that Appears Real.
- ➔ Laugh now, don't wait.
- ➔ Get organized; plan, schedule, take notes, and keep good records.
- ➔ Do it now; do your most unpleasant or most difficult task at the beginning of the day when you are fresh. Procrastination feeds stress!
- ➔ Know your limits; be realistic about what you can accomplish in a day. It's better to emphasize quality in your work, rather than sheer quantity.
- ➔ Treat your body right; eat a balanced diet, get enough sleep and exercise regularly.
- ➔ Take Charge; take responsibility for making your life what you want it to be.
- ➔ Exercise will reduce stress and tension and improve physical and mental stamina.