

ACTION PLAN

ADVICE FROM JEFF DAVIDSON,
AUTHOR OF
BREATHING SPACE

Out of the Rat Race: Change of Venue

If you feel as if you're part of the proverbial rat race and the rats are winning, here are some suggestions that offer a change of pace, something away from the ordinary, that may help you achieve lower levels of stress. Often, simply changing your routine a little is a great help.

- *Plan a vacation*—get brochures, books or advice from friends on where to go for a relaxing weekend.
 - *Go through your bookshelf*, pull out the books you know you'll never want or need to read again, and make a donation to your local library.
 - *Challenge yourself to make small improvements in your daily life*, such as leaving the house on time or putting on your seat belt before starting your car.
 - *Actually celebrate an upcoming holiday* by getting together with friends or family members.
 - *Eat dinner early one night each week* to make time for family conversation.
 - *Eliminate all extraneous noise* that competes for your attention at dinner. Cut off the TV and radio, and find out what's really going on in your family members' lives—talk to each other.
- To win the war on stress requires only small steps, applied consistently.

Working
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PURPOSE: To provide authoritative, useful, easy-to-understand information that will help our readers reduce stress, be more energetic and balance the demands of home and work. Working At Your Best (ISSN 1065-5190) is published monthly by Rodale Press, Inc.

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