

# How is your STRAttitude— Your stress level and attitude?

**R**ecently Zig Ziglar, the master motivator and attitude guru, was interviewed for a national TV news show. The interviewer remarked, “Zig, motivation is not permanent—it has never worked long term” Zig responded, “you’re absolutely 100% right.” The interviewer’s face looked victorious until Zig said, “neither is bathing permanent. But if you bathe every day, you will smell good.”

How you play the game of life can add or relieve stress. An attitude is like the allegory of seeing the glass half-empty or half full. An attitude is your expectation of reading this article. There are most likely three distinctive attitudes or expectations: (1) Why am I reading this article? (2) Perhaps I will learn something. (3) I will

## Ideas for stress reduction:

- Incorporate deep breathing exercises, meditation, yoga or prayer into your day
- Listen to relaxation tapes
- Develop a daily “time” just for yourself; take a nap, go for a walk, read the newspaper for a few minutes, or pick up the phone and spend ten minutes talking to a good friend.
- Get enough sleep
- Exercise regularly
- Take 1/2 day or several hours off each month for no particular reason
- Eat properly; avoid fat, sugar, and caffeine; eat fruit, vegetables, and high-fiber food
- Prioritize each day’s events
- Say no to excessive commitments
- Program leisure time
- Tidiness will make you feel in control
- Discuss problems with friends
- Admit and accept your own shortcomings
- Take regular holidays
- Adopt a philosophical approach
- Have fun and learn to laugh
- Don’t neglect friends or family
- Spend time alone regularly
- Develop good listening skills
- Develop a sense of proportion and perspective
- Don’t always play to win
- Stop worrying about situations you can’t control
- Unplug the phone or switch it off
- Accept fair criticism
- Concentrate on valued relationships
- Occasionally be selfish
- Release tension with a good cry
- Take a long, hot bath
- Get a massage, manicure, pedicure or facial
- Go for a swim
- Go to the zoo
- Eat lunch in the park
- If life seems too much, have a chat with your doctor

devour this article and change my life!

Many of us are taught that it is important to work out physically each day to stay in shape. What about working out mentally for 15 minutes every day? Wouldn’t this be a more proactive approach to meeting the challenges of each day?

Scientists have proven that it takes approximately 21 repetitive days to change a habit or start a new one. The use of a trigger device—a word or phrase that helps you remember what you need to do daily—helps create the desired change or new habit.

These words are put on the mirror of your bathroom; your refrigerator; the dashboard of your car; your desk; or on your telephone at work to remind you what you must do for 21 repetitive days until you own it.

This is how our minds work: I call the conscious mind “The Boss.” This is the level where you are reading this article at the moment. I call the sub-conscious mind the “Genie” or the “Computer.” The sub-conscious mind is everything that we ever saw, heard or experienced in our lives.

The “Boss” is in control of our “Genie/Computer.” Regardless of what we have in our “Genie/Computer,” or whatever our life experiences have been up to this very moment, we can reprogram our “Genie/Computer” with the use of some proven methods:

1) *Affirmations* (called expectations in the sales world): These are positive statements which when repeated frequently to your “Genie/Computer” create desired results! Many books on affirmations are available at your local bookstore.

2) *Subliminal Tapes*: Taped Messages that go to the “Genie/Computer” mind bypassing the conscious mind while you are sleeping. They are proven and sold at bookstores in a wide variety of titles. A good example of a subliminal tape is the “Berlitz” language tapes that have been advertised consistently in magazines for many years. There is a 100% unconditional money back guarantee if you follow their guidelines. The fine print says “80% sub-conscious learning and 20% conscious.”

3) *Selective Listening*: Be selective with your input to your “Genie/Computer.” The trigger device to use is Selective Listening. We get our daily information from

TV, radio, newspapers and music, most of which is a negative deposit. Unless we selectively listen, we can send bad information the the “Genie/Computer!”

4) *Selective Communication—Self-Talk*: Scientific research has proven that we talk at the rate of 500 words a minute. Negative self-talk like, “how did I ever get into the field of interior design?”; “we’re in a recession,” “my prices are too high”; “I can’t do it”; and “I’m destroyed,” are self-defeating. Repeated over and over again, they become hypnotic. REactive language such as “I have to,” “I should” and “I must” can be changed to proactive language such as “I choose to,” “I will” and “I prefer.” Wouldn’t it be better to say, “I choose to go to work” for 21 repetitive days rather than “I have to go to work?”

If you want to look at the mind in a scientific manner, take a look at the thoughts at the conscious level. These thoughts become feelings at the sub-conscious level and result in a change in your behavior.

- Why do we get upset about anything that we have no control over? It rains the day of the family picnic. The manufacturer calls to inform us that the fabric we ordered will take an additional 8 weeks, when our deadline is today.

What happens when we allow these non-controllable upsets to go below the level of the “Boss” is that it causes an emotional upset or “Virus” to our sub-conscious mind. This affects our ability to think in a positive fashion. This virus creates a domino effect that runs like our electronic computer until the program is finished or until we pull the plug out of the wall.

By the time we get home from our design practice, we enter the door of our homes with our spouses, children and dog greeting us with open arms. Through this negative thought process, we either kick the dog or yell at our spouse or children without provocation.

One simple way to stop the process is to use a pattern interrupt in the manner of a trigger device. A great trigger device is to say, “Suffering is optional.”

- Stress is also caused by not doing what you really want to do in life. I believe that we need to check in with ourselves from time to time with self-probing questions like “Am I enrolled in someone else’s movie/life/goal?” or “Am I making my own movie?” Another question is:

**“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.”**

*—Sir Winston Churchill*

“What would I do with my life if I knew I could not fail?”

- Not having goals is another reason why we get stressed. You can’t hit the target if you can’t see it! Failing to plan is planning to fail. The feeling of not being in control of our life adds to the stress and negative attitude.

*Peter Schor has been conducting CEU bathroom and motivational courses at the ASID National Conference and local chapters for several years. Peter’s new .6 CEU program, “Attitude is Everything!” was held at this year’s national conference and was widely acclaimed. For more information, call (503) 570-7664 or visit [DynamicResultsOnline.com](http://DynamicResultsOnline.com)*