



# Wonderful Life Academy

**Be the best you can be**

## **Put The Glass Down Takeaway**

This short Takeaway is a simple but very powerful message about how to manage stress and life worries to help you maintain your well-being.

This short story will help you to think differently about stress and worries of everyday life.

*A psychologist walked around a room while teaching stress management to an audience.*

*As she raised a glass of water, everyone expected they'd be asked the "half... empty or half full" question.*

*Instead, with a smile on her face, she inquired: "How heavy is this glass of water?"*

*Answers called out ranged from 8 oz. to 20 oz.*

*She replied, "The absolute weight doesn't matter. It depends on how long I hold it.*

*If I hold it for a minute, it's not a problem.*

*If I hold it for an hour, I'll have an ache in my arm.*

*If I hold it for a day, my arm will feel numb and paralyzed.*

*In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."*

*She continued, "The stresses and worries in life are like that glass of water.*

*Think about them for a while and nothing happens.*

*Think about them a bit longer and they begin to hurt.*

*And if you think about them all day long, you will feel paralyzed – incapable of doing anything."*

Remember to put the glass down.