

How to Put More Stress into Your Life

HCTC Student Success Tools

- ◆ Plan to oversleep every morning.
 - ◆ No matter where you are going, always leave for the appointment at the time you should be arriving. On the way there, drive, walk or ride your bike no further than two feet from the car or person in front of you.
 - ◆ Don't pay attention to your body. Eat plenty of junk food, drink too much, take drugs, have lots of unsafe sex with lots of different partners—and above all, FEEL GUILTY ABOUT IT. If you feel yourself becoming over-stressed and tired, ignore it and keep pushing yourself.
 - ◆ Consider the power of negative thinking. Do things you don't like and avoid doing what you really want. Follow everyone else's opinion and advice, while seeing yourself as miserable and "stuck."
 - ◆ Make a special effort to take note of the irritations in your life and blow them out of proportion. Be resentful and hypercritical, especially toward yourself.
 - ◆ Refuse to take action on nagging problems. Procrastinate, worry, and whenever possibly lose sleep over them. Blame other people for all of your problems.
 - ◆ Never read a book for pleasure or simply sit and listen to music. Avoid deep, lasting, intimate relationships.
 - ◆ When engaged in one activity, be sure to be thinking about another. Fill your mind with dreadful pictures, and then obsess over them. Worry most, if not all of the time.
 - ◆ Always say YES when you really mean NO. Do not express your feelings openly and honestly.
 - ◆ When a deadline is a week away, begin worrying about it. Worry for six days, then begin working in a rushed manner. Meet the deadline without a minute to spare and then congratulate yourself on how well you work under pressure.
 - ◆ If you've been sleeping less than 4 hours a night, consider eliminating this activity altogether.
 - ◆ Shun anything that resembles a sense of humor. Life is no laughing matter. Avoid making any changes that bring you greater satisfaction and happiness.
- Handout adapted from Bell Laboratories "Net News," October, 1987, and Siegel, B.S., Peace, Love, and Helping, pp.165-167. Harper and Row, Publishers, New York, 1989*