

## Art of Dealing....

Sharing a small story on, how to deal with the situations those are unpleasing to us.

Once there lived an enthusiastic teacher, who believed in teaching life lessons through the live examples to his students. On one fine day, after teaching the regular study lessons, he took all the students to the school ground. There was a big banyan tree, all gathered under that tree. He began his class on life lessons by holding a glass, half filled with water in it. He asked students to describe what was there in the glass? Students replied, glass is filled with water till half level and it may have the volume around 200 ml. Teacher said well, you may be right, still I don't know the exact volume as I have not measured it. Let's consider that it is 200 ml, okay? 'Yes' replied all the students.

Teacher questioned next: what would happen to this water if I lift the glass and hold it for two minutes?

Students: Nothing will happen.

Teacher: If I lift and hold it for an hour, then?

Students: Nothing to the water still sir, but your hand would definitely begin to ache.

Teacher: okay, now if I hold it for a day, then?

Students: Sir! Nothing will happen to the glass as well as the water, but your hand will definitely go numb. It will cause serious stress to the muscles and may lead to paralysis, forcing you to go the hospital for the treatment.

Teacher smiled and asked again: but would there be any change to the volume and weight of this glass and the water, throughout the whole process?

Students: Not at all Sir, It only will affect your arm and you.

Teacher smiled again: Very good, but if I don't want to get into all these troubles of getting hand numb and a chance of paralysis, what should I do?

Students: Sir, put down the glass. Don't hold it.

Teacher smiled again....

*....Life's problems are like this only, if you hold them in your mind for a while, its okay, you don't feel much. Once you hold them in your mind for some more time, they began to ache. But if still you hold them and keep thinking about them in your mind, they will start paralyzing you and your thoughts and further will put you in a condition where you will not be able to do anything for*

you. It's always important to think about problems and find solutions but more important is that to put them aside once before going to bed every day. Sound sleep gives rest to your body & mind and allows it to prepare for the next day. Once you are not stressed, you wake up every day with a fresh mind & strong body to handle the issues more effectively.

So friends Put The Glass Down Today & start Living, Stop Stressing !!!!

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