

## **Recept på en effektiv kur til at styrke din Selvværds-følelse:**

I den kommende måned skal du bruge 1/2 - 1 time hver dag, til at være sammen med dig selv - og opdage dig selv på en ny måde.

I din egen time må du kun lave "noget", der giver dig ro, glæde, mere livslyst og har en god mening for dig, der ønsker at blive en friere mere selvstændig person.

Hjemme-opgaven sætter focus på **at styrke din selv-følelse og dit Selv-værd** ved, at du værdsætter dig selv nok til, at du bruger 1 time hver dag på at gøre noget, du kan lide. Giv dig tid til at opdage, hvad du trænger til - og hvad du selv kan gøre, der er godt for dig.

### Noter til denne hjemme-opgave:

1. Du er nødt til at tage stilling til, i hvor høj grad du nu i dag værdsætter dig selv. Nok til, at du.. af alle.. fortjener en hel time alene med dig selv? - Har du Selvværd nok til det?
2. Dernæst opdager du snart denne blokering, som vi er mange, der kender:  
"Hvad f.... en hel time? Jeg aner jo ikke, hvad jeg har brug for – eller hvad jeg har lyst til!"  
Ok, du skal måske bruge nogle timer til at undersøge forskellige muligheder, inden du finder frem til "noget", som giver dig mere glæde og som har mening for dig at bruge 1 time af din fritid på. - "Alene med mig selv? Det er jo det, jeg hele tiden prøver på at undgå at være", siger andre og mener, "at glæde, mening og næring - det er jo noget, andre skal give mig!"  
Der er utrolig mange undskyldninger for at undgå at opdage sig selv i glædes øjeblikke.
3. Disse og andre blokeringer kan du forholde dig til på 2 forskellige måder:  
A. Du kan løbe væk fra dem og lade, som om de slet ikke er der. Eller B. du kan stoppe op og lære dem lidt bedre at kende - og derved måske lære at opløse dem til en ny energi nye projekter og nye ideer. "Min egen-Time-kuren" handler i høj grad også om, at du derved opdager dine indre lystblokeringer ved at møde dem bevidst.
4. Du kan lave mange forskellige aktiviteter - helt efter din egen smag i din egen-time eller koncentrere dig om kun at gøre een ting i 1 time. Det er din time, du bestemmer!

## **12 Forslag til at komme i gang med at genfinde glæden ved at være dig:**

- A. Gå en tur langs med vandet, i skoven og sid i vand-/skovkanten med åbne sanser og lyt.
- B. Gå i sauna. Tag i svømmehallen. Få massage hos en professionel massør. Få et Boble-bad?
- C. Tag et langt varmt Kar-bad. Prøv at tilføj badesalt og skumbade, ja måske få et badedyr?
- D. Elsk med dig selv. Opdag dine erotiske ynglingsfantasier. - Dans sansligt og meditatativt.
- E. Bag en kage og spis den som den første, imens den er varm, inden andre får noget af den.
- F. Skriv dagbog. Nedskriv drømme og episoder, der er emotionelle - og lad dig forundre.
- G. Hør musik med benene oppe som flyde-ud-musik - eller musik, der får dig op at danse.
- H. Lav en ide-storm (Brain-storm) med en ven / veninde over forslag til glæde og ny energi.
- I. Læs poesi eller skønlitteratur, som du længe har haft lyst til at få bedre tid til at læse.
- J. Mal og tegn et emotionelt billed eller et selvportræt. Spørg om ideer hertil i terapien.
- K. Sæt dig ved en legeplads og se børnene lege. Leg også mere med dine egne børn.
- L. Husk din sidste terapi-session, og lav noter, forslag og tilføjelser til næste gang..

Afspændings- og meditation cd'erne er tænkt som en opvarmning til **Din EgenTime**.  
og kan bruges til at støtte dig i at lytte dig bedre ind på, hvad du har lyst til - og brug for.  
Vi foreslår at du starter din egen time med at lytte til kun een session - og så bruge de øvrige 40 minutter til det, som du da spontant får lyst til. -

### **Føl og mærk forskellen om 1 måned!**

God fornøjelse

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## **The Necessity of Taking Time for Yourself** and How to Really Do It .

So many of us feel guilty if we're not busy all the time and pat ourselves on the back for working like crazy. This, we feel, shows what type of person we are: one who puts others first, and isn't afraid of a little hard work. \_\_ Yet, where does this martyr-type attitude really get us?

For one, it gets us plenty of stress, which we all know can lead to heart disease, diabetes, depression and more illnesses in general. It also gets us feeling downright harried on most days of the week, so much so that our days whiz by without so much as a stroll through the park or an hour with a really good book. \_\_ "Many of us live a life filled with doing things for others while forgetting ourselves," says Hale Dwoskin, CEO and director of training of Sedona Training Associates.

"And even if you are not a caregiver or someone who puts others first, you sometimes get so busy with the task at hand in your life that you forget that you also need to take care of and nurture yourself." \_\_ Indeed, the more you focus on others at the expense of yourself, the more likely you are to become burned out, bitter, and possibly even resentful. Clearly, this is not a favor to anyone in your life. "It is critically important to remember to take care of yourself," Dwoskin says. "If you're not taking care of yourself, you deplete your own energy and you also prevent yourself from enjoying whatever it is that you are doing."

### **How to Take Time for Yourself**

It's not always easy to set aside "me" time, particularly if you're used to always giving. But here are some tips that can help:

1. Look at "me" time as a priority.  
Schedule it into your day like you do eating, sleeping, and working.
2. Make a list of various things you'd enjoy doing during "your" time and refer to it whenever you have a free moment.
3. Trim your schedule of activities you don't find fulfilling, along with people who drain your energy. Use the time you'd spend on them for yourself.
4. Realize you don't have to be perfect. If you've been spending loads of time preparing elaborate dinner parties or baking for your son's school bake sale, relax. Order a pizza next time you have friends over, and pick up some cookies from a local bakery for your son. Voila! Instant "me" time.
5. Make it a routine. **It takes about three to six weeks to make something a habit**, so commit to your scheduled "me" time for that long, and it should become second nature.
6. Release. Anytime you're feeling overwhelmed or tempted to over-commit yourself, release those feelings using The Sedona Method. \_\_ "As you do take time for yourself, you find the time actually expands," Dwoskin says. "Even when you're engaged in other actions that may not appear to be for you, you'll find your efficiency level going up dramatically because you have taken a timeout. By the way, one of the best ways to take a time out is to spend some time releasing."

## About the Author:

Hale Dwoskin is the author of the New York Times best seller "The Sedona Method," He has trained thousands of people worldwide to release limiting and unwanted thoughts and feelings using the powerful Sedona Method techniques. To learn how the Sedona Method can help YOU, visit <http://www.selfgrowth.com/products/sedona.html>

Check out the Experts page for [Hale Dwoskin, the Official Guide to Anger Management, Anxiety, and Happiness & Self Improvement.](#)

## **Eight Fast Ways to Rapidly Reduce Your Stress**

In today's fast-paced society, more than just professionals and those of us with management jobs fall victim to the pain and suffering of life's stresses. Today's never-ending rat race can cause us to develop such fast-moving, impulsive, stress-filled lives that we often fail to achieve the success that would normally be ours under different circumstances.

It's really hard to focus on reaching your greatest potential in life when you're constantly stressed from putting out little fires. Over the past 30 years we've all become hyper-focused on success at any cost, which greatly increases our stress levels. Fortunately, learning a few life skills and management tools can significantly reduce your stress and make you much more likely to reach satisfaction and success in life.

1. Get control of your future. Most of us avoid planning for the future, whether it's just a week ahead or 20 years in advance. For some reason, admitting that we need to plan ahead can be stressful and anxiety provoking--it's almost as if we think that if we have to plan, we're not in control of our lives.

When we fail to plan, we essentially plan to fail. Then, when things start to fall apart in our lives, we feel overwhelmed, threatened, get anxious, and struggle to do things to decrease our mounting anxiety and stress. Unfortunately, we're often not mentally and emotionally prepared to handle both the everyday facets of living and all the unexpected, unprepared, unplanned things that fall apart. When we panic, our adrenaline systems go into full throttle and cause even more stress and anxiety.

A wise man once said, "If you don't know where you're headed, then it really doesn't matter how you get there!" Just having a road map by which to chart your course will decrease your daily stress tremendously.

2. Learn to say "no" gracefully. This is really a toughie as saying "no" tends to make you feel guilty (it's almost as if you'll cause disappointment or even personal harm if you don't say "yes"), but if you learn to say "no" gracefully, then you won't feel guilty, and less guilt means less stress. Next time, try this: "Sorry, but I had better decline your offer." "I really won't have the time to dedicate the effort you need to make your (event) a success."

**3. Set aside time every day to think about and solve your problems.**

It may only be 30 minutes at the end of the day, but quiet thinking is essential to problem solving and to your ability to cope with stress. Quiet surroundings allow you to get in touch with your higher executive brain functions, consider your life, and analyze problems. Find a sanctuary to ponder and explore your “self.” Each of us needs a place where we feel safe and secure enough to be by ourselves and think through all the things in life that are really important to us. You’ll be surprised how easily solutions pop into your head when you’re able to dedicate all your mental abilities to the task.

**4. Control technological demands on your life, and don’t let technology dictate your time schedule. Do you feel compelled to answer e-mail as soon as possible? You’re not alone--most of us get anxious or feel guilty if we don’t answer those e-mails right away. You must be the master of any technology, or you become its slave. Would you visit the post office ten times a day to get your mail? No? So, what is the worst that could happen if you don’t check your e-mail five times tomorrow?**

**5. Learn to accept mistakes. Some of us live in fear of making a mistake, whether big or little. It’s not just the fear of failure that ties up our brainpower and concentration abilities; it’s also knowing that we will mentally punish ourselves if we do make a mistake. Once you learn that it’s okay to make little mistakes, you’ll learn to deal with big mistakes without beating yourself to death. After all, if you never fall down while learning to walk, you’ll never learn how to pick yourself up.**

We all learn from our mistakes and would fail to mature as adults if we were never allowed to make them. Some behavioral scientists think that we should be teaching our kids to make mistakes at an early age so that they can learn what we have missed.

A mistake is an opportunity to do better.

**6. Be positive with yourself.**

Accept praise gracefully and honestly, and deal with criticism the same way. Most of us tend to downplay our strengths and overexaggerate our weaknesses. Doing so causes a mental conflict with our self-esteem and decreases our ability to concentrate on what is really important in life. How often do you reject or downplay a genuine compliment given to you by a friend, only to later beat yourself to death over a small, insignificant failure? You, too, can be a success in life, no matter who you are, but if you think you’re not worthy of success, then you’re probably right.

**7. Ask for help when you need it.**

You are not admitting defeat or inadequate if you ask others for help. Asking for help is truly just as human and natural as any other basic survival trait. How often have you offered to help someone you know who needs help?

How good did it make you feel when you were able to help?

Does that mean you don’t want someone else to feel good when they help you?

When you wait until you’re overwhelmed and struggling to keep your head above water, asking for help can be very damaging to your ego and self-esteem.

It’s far better to ask for help earlier rather than later.

**8. Learn to have fun.**

Most of us are under the erroneous belief that we are obligated to make sure others have fun before we’re allowed to enjoy ourselves.

That's emotional garbage! If you want to be successful in life, you have to experience emotional, mental, and physical recreation on a regular basis. You can't do a good job for yourself or for others if you can't learn to have fun without all the guilt of not including everybody else. Recreation is a condensed "Old World" word meaning to "re-create"--go out and "re-create" yourself. Watch your stress levels drop, and your focus toward success become clearer.

#### About the Author:

This was written by Frank Barnhill, MD, contributing author to "101 Great Ways to Improve Your Life." Dr. Frank is a board-certified family physician in South Carolina with a fantastic medical practice dedicated to improving the lives of the world's best patients. He publishes an award-winning content information-based medical website, <http://www.drhuggiebear.com>, that offers articles to help you and your family reach your maximum potential in life

## Quick fit tips for busy people

You're working hard, business is good, but you feel if you could just get to the gym, you might do better. You want to look good and feel great. Well, the reality is that there are no tax breaks on gym membership, and besides, you can't find the time. Instead, some quick fit tips for busy people.

#### Fact: Goals work better than gimmicks

Forget the treadmill and the cycling machine. You see more of them abandoned in garage sales than almost anything else.

You set business goals, now do it for your body.

Make them specific and realistic. Don't say "I want to lose weight and get fit".

Instead try "I want to be able to kick a ball around the yard with the kids without losing my breath" or "I want to lose three kilos, in eight weeks".

#### Fact: The secret of success is a plan

You wouldn't hire a plumber to fix your computer, so pumping iron won't keep you up with the ankle biters. Your fitness plan is as important as your business plan. All exercise is good, but cardiovascular exercise - that's walking or running - combined with some simple diet changes, is best for losing weight and getting fit.

#### Fact: It doesn't have to hurt

Walking is simple, free and it works. A 30-year study found that people who walked for 30 minutes a day at a fast pace, stayed about six kilos lighter than those who walked less. A simple solution would be to park your car 15 minutes further away from work.

#### Fact: The quicker you move, the faster you'll lose

Get up half an hour earlier and take a walk. When you're comfortable, incorporate a short run and build from that. You'll lose kilos quicker.

#### Fact: The lift is for loafers

Tackling the stairs a few times a day can burn 105 kilojoules a week.

That'll prevent you gaining nearly six kilos over a lifetime.

Fact: Eat smart, feel better

Restaurant meals and takeaways have more fat and less fibre than home cooked meals. Frozen meals and vegetables, bottles of tomato-based sauces with pasta, curry sauces and stir-fry mixes are quick and easy meals to prepare, they're low in fat, and healthy.

Fact: The rebound effect can catch you out

Don't eat a low fat lunch - you'll feel so hungry by mid afternoon that you'll be beating everyone to the closest snack machine. If you can't resist, substitute a banana. It's packed with goodies and a big energy boost.

Life can get pretty hectic, between jobs and boyfriends and friends and laundry and, and! What if you could take a break from everything and take one day to do just exactly what you want? Why not make it happen? I hereby call all fine young things to make a promise to themselves to set aside a Me day once per month. Write it down on your calendar, and plan for it, otherwise you'll forget about it and make plans to go the movies with your girlfriend and lose your momentum.

If you live with a boyfriend, kick him out for the day (or at least tell him to leave you totally alone--chances are he'll feel neglected, so he'll leave anyway. (A little incentive, like movie tickets to the ridiculous guy-flick he wants to see, might help).

Maybe your ideal day is one that is totally unplanned.

If the single biggest stress factor in your life is feeling like you never have enough time, a day when you have nothing at all to do may be just the ticket.

I once knew a woman who made it a goal to have one day per month when she didn't speak a word. Not even to her cat. She didn't read, she just did Yoga and sat quietly. For a whole day. Personally, this would be like torture for me, but that's the point of figuring out what your ideal day would be like - you can totally please yourself.

For the more active among us, here's a list of ways to get prepared for your big day, and some suggestions for activities that will help make this day one you'll look forward to every month.

Step One: Dreaming Phase

What are some of the things you wish you had more time to do?  
Sit down tonight and think it through.

My list would include

Read for more than 1/2 hour (before I pass out at night).

Organize just one corner of my closet.

-Nap.

Cook something totally new  
and have the time and energy to WRITE DOWN THE RECIPE.

Paint my fingers and toes and still have time to let them dry.

## **Are You Doing Something You Love Each and Every Day? – By Stacey Mayo**

It is easy to get caught up in the day-to-day stress of everyday life: deadlines to meet, schedules to keep, unexpected expenses, conflicts to resolve, illness of loved ones, to name a few.

Amidst all this, it is easy for me to lose sight of why I do what I do -- my purpose for being. I discovered my passion and my purpose over a decade ago. It was the catalyst for starting my business, The Center for Balanced Living in 1996. It is what led me to my purpose which is to empower you to live out your dreams with ease and abundance. Sometimes I get caught up in the external factors and forget to focus on what is really important. It is then that I must remind myself why I am here. It is a grounding place for me.

I teach my clients to look to their life for their passions and purpose when contemplating a change. That is certainly where mine came from, and I have found it to be true for many others. A lot of different threads weave through my story, but the most obvious and first I can remember centered around my life while I was growing up, and most specifically my dad.

I always had the impression my dad was unhappy. Actually, miserable is more the way I would describe him. He was mostly unhappy about his career. I vividly remember my dad coming home from his job, with his shoulders hunched over and his head hanging low. He would walk right past a mosaic picture of horses pulling a carriage through the snow.

Looking exhausted and sad, he would sit down at the kitchen table and say to my mom, "Charlie (that's what he called her), I can't take it anymore. I want to quit my job!" And I can remember my mom, who was looking after our security and well-being in the best way she knew how, saying, "Just hang in there, Mac. Stick it out! We need the money!" And I can remember thinking, "Yeah! Hang in there! We need the money!" We didn't have much money in those days.

This story repeated itself year after year, as my dad persevered. The last two years of his career were literally a countdown to retirement at age 65. My dad retired at age 65. Two years later, he did some introspective thinking at the prompting of his daughter. At age 67, my dad declared himself an artist. I can still remember the moment he told me. My eyes got teary as I recalled the beautiful, mosaic picture on their living room wall.

You see, my dad made that mosaic picture, but I never saw him working on it. He created it before I was born. It was a beautiful mosaic, made of thousands of small hand-cut tiles. My dad had always been an artist but had suppressed that talent for most of his life while he strove to earn a living for his family in a career that did not suit him. He worked in the garment industry in New York, and then changed to the carpet industry in Florida. I often wonder what

would have been possible if my dad had worked out a way to utilize his artistic abilities in his career. He had always been a good employee; he might have been a happy one too.

For a while, my dad was happier than I had ever seen him. He carved wood etchings and gave them away as gifts. He traveled to places he had never seen. He also made more money in his investments than he did at his jobs. I am glad he had that short time period when he was happy. Unfortunately, it wasn't too long before my dad's health started to decline. Eventually, he lost patience and could no longer focus on his artwork. And soon after, he died. My dad waited until he retired to make some changes and do what he loved. It was a small window in the whole continuum of his life. That is why, more than ever, I strongly urge people to move forward now -- don't wait until you retire to change and do what you love. We all tend to live as if we have forever, but really, who knows our time allotment?

Are you doing what you love to do? Do know your purpose or have a career you enjoy? If so, take the time today to get re-grounded in it. If not, take the time to reflect on what would excite you or what you want to contribute in this lifetime. Consider getting some counsel to help you discover it.

#### About the Author:

Stacey Mayo established The Center for Balanced Living to carry out her life's work.

En kvinde fortæller:

En nærværende ven åbnede en skuffe i sin kones klædeskab og tog en lille silkepapirspakke frem. Det her, sagde han, er ingen almindelig pakke. Det her er lingeri. Han pakkede op og kiggede opmærksomt på de små gennemsigtige trusser og den udfordrende bh. Hun købte det første gang, vi rejste til New York for 8 eller 9 år siden. Hun brugte det aldrig. Hun gemte det til et særlig lejlighed. Godt! Jeg tror, at den særlige lejlighed nu er kommet. Han gik hen til sengen og lagde det delikate undertøj sammen med det andet tøj, hans kone skulle have på til begravelsen. Hans kone var lige død. Han vendte sig mod mig og sagde: 'Gem aldrig noget til en særlig lejlighed.' 'Hver dag du lever er en særlig lejlighed.'

Jeg tænker stadig tilbage på disse ord, de har forandret mit liv.

Nu forstår jeg mere og gør mindre rent. Jeg sætter mig på terrassen og beundrer landskabet og solnedgangen uden at tænke på 'ukrudtet' i haven.

Jeg bruger mere tid på min familie og venner end på at arbejde.

Jeg har forstået, at livet er en kæde af sammenhængende erfaringer, jeg kan have gavn af, ikke et overlevelseskursus.

Jeg gemmer ikke noget væk længere.

Jeg bruger mine krystalglas hver dag. Jeg tager min nye jakke, kjole eller sko på i supermarkedet, fordi jeg har lyst til det.

Jeg gemmer ikke min bedste parfume til særlige fester.

Jeg bruger den hver gang, jeg får lyst til det. Jeg elsker mere.

Udtrykkene 'en skønne dag' og 'en af de næste dage'  
er ved at forsvinde fra mit ordforråd. Hvis det er værd at se på,  
lytte til eller gøre, så vil jeg se på det, lytte til det eller gøre det NU.  
Jeg er ikke sikker på, hvad min vens kone havde gjort, hvis hun vidste,  
at hun ikke ville være her i morgen, som vi alle tager for givet.

Jeg vil tro, hun havde kontaktet sin familie og sine nærmeste venner. Måske  
havde hun ringet til nogle gamle venner for at bede om undskyld og slutte fred  
ovenpå nogen skaenderier og uenigheder. Jeg vil gerne tro, at hun var taget  
på en fransk restaurant, da fransk kokke kunst var hendes store lidenskab.

Det ville være alle disse små ting, som ikke var i orden, som ville genere mig,  
hvis jeg vidste, at min sidste time var nær. Det generer mig, at jeg er holdt op  
med at se gamle venner, som jeg 'en skønne dag' ville tage kontakt til igen.

Det generer mig, at jeg ikke skriver de breve,  
som jeg havde tænkt mig at skrive 'en af de nærmeste'

Det generer mig og gør mig ked af det, at jeg ikke tilstrækkelig ofte  
har sagt til mine forældre, søskende og børn, hvor meget jeg elsker dem.

Nu forsøger jeg ikke længere at forsinke, tilbageholde eller gemme på noget,  
som skulle kunne berige vores liv med latter og glæde.

Og hver dag siger jeg til mig selv, at i dag er en særlig dag.  
Hver dag, hver time, hvert minut er noget særligt

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Lillian Lavesson er fysioterapeut i terapihaven i Alnarp i Sverige.

Nu åbnes den første terapihave i Danmark.

Stresspatienter skal sendes i haven Naturens farver, lugte og lyde virker bedre mod stress end traditionel terapi og medicin. Derfor vil stresseksperter, som i næste uge åbner stresscentret Kalmia, lave en terapihave, hvor udbrændte og deprimerende danskere kan komme til hægterne igen blandt sollys, høje graner, fuglefløjt, rislende vand og en duft af fugtig jord.

### **Terapihaven i Hørsholm, 'Stresscentret Kalmia',**

vil være klar til at modtage patienter om halvandet år og er resultatet af et samarbejde mellem bl.a. Arbejdsmedicinsk Klinik i Hillerød og Københavns Universitets Center for Skov, Landskab og Planlægning.

Dobbelt så mange raske

At syge mennesker kan få det meget bedre af at færdes i naturen viser ikke mindst erfaringerne fra den anden side af Øresund, hvor verdens første videnskabeligt funderede terapihave i 2003 blev anlagt i Alnarp.

Her vender cirka 80 procent af patienterne tilbage til job eller uddannelse efter at have haft deres daglige gang i haven i 12 uger. Det er dobbelt så mange som ved traditionel behandling med samtaleterapi og medicin.

Grøn urhjerne længes efter naturen Eksperter er ikke i tvivl om, at hovedårsagen er, at den menneskelige urhjerne længes tilbage til naturen for at kunne koble af.

Hjernen er ikke indrettet til den voldsomme mængde informationer, man får i byen eller på arbejdsspladsen, påpeger lektor og landskabsarkitekt Ulrika Stigsdotter, der var med til at bygge haven i Alnarp op, og er projektleder på den nye have i Hørsholm. Administrerende overlæge Bo Netterstrøm fra Arbejdsmedicinsk Klinik i Hillerød er enig: »Der er ingen tvivl om, at haveterapi hjælper mod stress, og det har givet noget at gøre med, at hjernen stadig tror, at vi lever i naturen«, siger Bo Netterstrøm.

### Livsgnist i parken

Natur som helbredelse er udbredt i religionen og historien. \*

I verdens første litterære værk, nedskrevet på 12 stentavler, genfandt Kong Gilgamesh fra Mesopotamien livsgnisten i en skøn park. Biblen talte om paradisets have, ægypterne ordinerede havevandringer til kongelige personer, og vores egen H.C. Andersen skrev om, at grønt er godt for sjælen.

### Mindre galde med grøn udsigt

I 1984 fik den moderne lægevidenskab øjnene op for den gamle lærdom: Den amerikanske læge Roger Ulrich påviste markante forskelle på to grupper galdestensopererede patienter, alene på grundlag af udsigten fra deres hospitalsseng. Den ene gruppe havde kig til en park, den anden til en mur. Dem med den grønne udsigt havde færre dage på sygestuen, fik mindre medicin, og var venligere mod personalet.

### Slap af med havearbejde

Siden har erfaringerne vist, at den bedste effekt opnås, hvis man både har mulighed for bare at være i naturen og arbejde i den. Gerne på forskellige tidspunkter i et forløb.

Derfor vil patienterne i Hørsholm på deres 12 ugers ophold ikke kun skulle slappe af, men også få tilbuddt små haveopgaver.

### Åndehul for ishockeyhold

Haveterapi mod stress er meget brugt i udlandet, især i USA, Canada, Japan, England, Norge og ikke mindst Sverige. Det svenske ishockeylandshold har f.eks. et åndehul på idrætsmedicinsk klinik i Umeå, bl.a. for at få spillernes puls til at falde hurtigere ned efter en kamp.

I Danmark har Rigshospitalet åbnet en såkaldt lindrende have på 6.000 kvadratmeter, og Århus Kommune bruger EU-støttemidler til at sende stressramte ud og dyrke blomster. Terapihaven i Hørsholm bliver dog den første i landet, der indrettes og følges op videnskabeligt.

Der gives desværre ikke offentligt tilskud til ophold i stresshaver i Danmark, derfor åbner forskerne og stresseksperterne haven i privat regi.

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## **My Declaration of Self Esteem**

I am Me. In all the world, there is no one else exactly like me.

Everything that comes out of me is authentically mine, because I alone chose it  
-- I own everything about me: my body, my feelings, my mouth, my voice, all my actions, whether they be to others or myself.

I own my fantasies, my dreams, my hopes, my fears.

I own my triumphs and successes, all my failures and mistakes.

Because I own all of me, I can become intimately acquainted with me.

By so doing, I can love me and be friendly with all my parts. I know there are aspects about myself that puzzle me, and other aspects that I do not know -- but as long as I am friendly and loving to myself, I can courageously and hopefully look for solutions to the puzzles and ways to find out more about me.

However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is authentically me. If later some parts of how I looked, sounded, thought, and felt turn out to be unfitting, I can discard that which is unfitting, keep the rest, and invent something new for that which I discarded.

I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to be productive, and to make sense and order out of the world of people and things outside of me. I own me, and therefore, I can engineer me.

I am me, and I am Okay.

--- From Self Esteem by Virginia Satir Rainbow Garden

**SELF ESTEEM,  
SELF LOVE and SELF CENTEREDNESS  
by Nancy Poitou, M.A., M.F.T.**

I have been asked often about what is self-esteem, self-love and self-centeredness. These are very good questions and it is a fine line that separates these concepts.

Self esteem means to hold oneself in high esteem, feeling worthy of a good life and good treatment by others. Self-esteem results from self-respect and respect from others.

Self-respect includes competence, confidence, mastery, achievement, independence and freedom. Respect from others includes recognition, acceptance, status, and appreciation.

Healthy self-esteem is a realistic appraisal of one's capacities and begins with deserved respect from others. This usually begins to be built in childhood, when we learn some new skill, or take a risk, a parent says, "Good! You learned how to tie your shoe!"

And so begins the building of self-esteem. However when a parent is overly critical or abusive, we get a message that we will never be good enough, that there is just something inherently bad about us, that we are defective.

As children we are dependent on adults to give us the foundation of our self-esteem and be role models for what is good.

Self love is the ability to hold onto our good qualities and strengths even when we are feeling bad about ourselves or something we have done. It is the strength to see our short comings and love ourselves enough to know that we can learn and grow and not to give up on ourselves because we are not perfect, made a mistake or still have some problems. In other words,

**we are worthy of love even if we are not perfect.**

Self-centeredness is self-esteem and self-love gone too far. It means that the world revolves around us, we are at the center of our world, meaning that we think that we are better than anyone and everyone else and so are more deserving, in other words, selfish.

Good self-esteem means that we have enough self-confidence to not need the approval of others. We don't need to wear the latest fashions, be the thinnest or the richest to feel good about ourselves. It is feeling good about who we are on the inside, so that approval and love does not have to come from the outside before we can love ourselves.

Many people function just the opposite, they don't feel good about themselves unless in a relationship so that they can say,

"I am loved, so I must be loveable." But that means needing the relationship too much, that you will endure anything, any abuse or maltreatment to stay in the relationship, because without it you feel empty.

It is always good to receive approval and love from others but good self-esteem means we are not dependent on it to feel whole or good.

Without self-esteem and self-love we are so desperate to be in a relationship that we do not see the red flags, in fact we may be in denial that there are potential problems. Usually we attract another with the same level of self-esteem and when the other does not have our approval or love 100% without question, they resort to putting us down in order to feel better about themselves. And so the cycle starts, then we put the other down and around and around we go, trying to be on top, yet at the same time we are putting the other down, we erode any self-esteem we might have had and a downward spiral begins for the relationship and the individuals involved.

Besides relationships there are other traps in life we can fall into. Drugs and alcohol can temporarily make us feel good, and that is how some people start an addiction. Other examples are things like new cars, clothes, money, sex and thrills. These only provide a momentary high, and we are unaware that we need these things or activities to feel good. These traps are only temporary external fixes to an internal problem, and distract us from acknowledging our shortcomings and getting in touch with and working on healing past hurts that contribute to low self-esteem.

To have self-esteem and self love we do not need to be self-centered, we do not have to be the best looking or make the most money. In fact acting or being self-centered is a kind of arrogance that is usually a coverup for low self esteem, or a lack of self-love.

In order to have good self-esteem we need to act in accordance to our conscious and/or unconscious beliefs about what is good in a human being. This often comes from a spiritual ideal, one individual that sets an example for us, or a role model that demonstrates the inner qualities that attracts us and draws us to that person. Usually that means being around that person makes us feel good. That person can validate us and see our good qualities and strengths and reflect that back to us because they have good self-esteem and self-love. That person does not need to feel better than or one up to feel good and appreciate others' good qualities. That person is not self-centered in needing to feel that they are better than anyone else around them. Their self-confidence and security comes from earned respect from others and self-respect from acting in accordance with what a good human being would do. There is usually an honesty and authenticity in them as well, they can acknowledge their mistakes and shortcomings and therefore work on them, they are "a work in progress."

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## We're So Vain

Be honest about it. Deep down inside, you really do see yourself as morally superior to the average Joe.

It turns out that you've got a lot of company. Most of us think we are above average in a lot of things, especially when it comes to morality, says David Dunning, professor of psychology at Cornell University. People see themselves as being fairer, more altruistic, more self-sacrificing, more moral than most others, according to numerous studies, Dunning says.

In short, most of us think we really are "holier than thou," although we may not be willing to admit it. Most of us know we wouldn't do the awful things that set us apart from those ordinary people who stumble along the way — all those folks who are just average.

There's just one problem. Most of us can't be above average. By its definition, average is the mathematical median, so the majority can't be either above or below average. So if most people see themselves as better than the average person, they have to be making one of two mistakes: Either they think they're a lot better than they really are, or those other folks out there aren't as bad as they seem.

Dunning and a graduate psychology student, Nick Epley, set out to find out which error we are making. Are we really as good as we think we are?

### Misjudging Ourselves

In a word, no. That's according to their evidence, published in a recent issue of the *Journal of Personality and Social Psychology*. The two set up a series of studies on the Cornell campus and got very "robust" results, according to Epley, who designed the experiments. The participants were asked to predict what they and others would do in certain circumstances. In most cases, the participants predicted they would do the right thing a lot more often than their peers. However, when the participants found themselves confronting those circumstances in the real world, they didn't do nearly as well as they had predicted. But they were right on the mark when it came to predicting what others would do. So the error appears to be in how we perceive ourselves, not how we see others, the researchers conclude.

For example, each year the Cornell campus has a charity drive, called Daffodil Day, when students sell daffodils to raise money for the American Cancer Society. About a month before the drive, Epley asked about 250 students in a classroom if they would buy a daffodil during the drive. "Over 80 percent said they would buy a daffodil," Dunning says. But they predicted that only about half of the other students in the room would be generous enough to buy one.

A couple of days after the drive, the researchers returned to the same classroom and asked the students how many had bought a daffodil. "It turned out that only 43 percent of the people had," Dunning says. "That's close to what people had said about others, but its way off from what they had said about themselves."

In another experiment, conducted prior to the November national election, 84 percent of the participants said they would vote, but they expected only about 67 percent of their peers to vote. "The actual rate of voting was 68 percent," Dunning says. Again, they had their peers down pat, but overestimated their own sense of civic responsibility.

### We Are What We Hear

One can argue over whether voting has anything to do with morality, or whether buying a plastic daffodil is really an expression of personal ethics. Who's to say what's right or wrong?

The definition of morality is highly "idiosyncratic," Dunning says.

We tend to see things as moral if they are the kind of things we do. If we give to charity, then giving is a moral obligation. Likewise if we consider ourselves honest, or loyal, or altruistic, or religious.

Our sense of morality, then, becomes an expression of ourselves.

But that doesn't explain why we seem to think we're so much better, so much "holier," than we really are. Dunning says one reason our egos are inflated is we get a lot of positive feedback from our peers. Even if some people think you're "a jerk," he says, they aren't likely to say that to your face. Instead, we're often told how neat we are, at least by our friends, so we tend to believe we are doing the right things. We're nice people, after all.

So our moral judgments become a self-fulfilling prophecy.

If it's the kind of thing we do, it must be moral, or we wouldn't be doing it. "We define morality by looking at our own behavior," Epley says. But does believing that we are moral really have any effect on how we live? Dunning thinks it probably does.

### Living Up to Standards

"Once you say you are a moral, wonderful, generous person, you have to live up to those standards," Dunning says. "So even if you have overestimated yourself, you are constrained" by your self image, he adds. Living in a world with people like that is preferable to living "in a world where people basically say they are selfish jerks," Dunning says, "because then they would be constrained to act like selfish jerks."

But there is a down side to all this self anointed sense of morality, he adds. "If people think they are morally superior to others, they are going to be too harsh in judging other people," he says. "They don't realize that in the same situation, they are going to act the same way."

Lee Dye's column appears weekly on ABCNEWS.com.

A former science writer for the Los Angeles Times, he now lives in Juneau, Alaska. Copyright © 2001 ABC News Internet Ventures.

## **The Vital Element: Self-Esteem** – By Lois Marie Gacher \*\*\*

You've decided to improve your life. Where do you start? Do you begin with a new relationship, with a new career, or move to a new city? The answer is no, none of these, for there is one constant: you. The same you will be there, wherever you choose to go, whoever you're with, whatever you choose to do. That's why the place to start improving your life is at the beginning, with your own self-esteem.

When you feel good about yourself, you have good self-esteem. You realize that anything outside yourself is exactly that--outside your self. You know that your self is fine. It's the outside that needs fixing. When you recognize your own worth and know that you have value, nothing anyone can say or do will have any effect on your self-esteem. Your feelings can always be hurt. Your self-esteem can be hurt only if how you see yourself is determined by someone other than yourself. You know the truth of your worth, and if someone else's opinion of you tries to diminish you in any way, it doesn't matter.

We can be our own worst enemies.

We can go from feeling good to feeling bad because of our own thoughts--those little voices in our heads that are ready at a second's notice to criticize us. The moment we perceive that something we have done is not up to some standard we have set for ourselves, we immediately put ourselves down.

Sound self-esteem is maintained by not listening to that little voice, by remembering that no matter how badly you think you did, you did the absolute best that you could have done at that time. Low self-esteem is caused by criticizing or condemning yourself for not living up to your own standards. We have a tendency to set our standards high, often too high to succeed. Then when we fail to meet our own expectations, we criticize ourselves for failing. There is never any reason for putting yourself down or for any loss of self-esteem. Change how you perceive life, and your life will change accordingly.

Most of us find it easier to overlook the mistakes of others, yet continue to be hard on ourselves. As if there wasn't enough in the present to attend to, we often insist on dredging up the past to torment ourselves. When you cannot change the outcome of conditions that you wish were otherwise, all you can change is your attitude toward it.

With sound self-esteem you no longer find it necessary to place value judgments. You would no sooner judge another than you would judge yourself.

If you pick up a fork to eat dinner and then discover you're having soup, you don't insist on eating with a fork. No one would. You would change your utensil for a spoon. Yet often we stick with a poor decision we've made, even though we know there is a better choice available. Change is how we make progress. To resist change is to miss opportunities. What's the most prevalent fear that keeps us from making a change? Fear of failure. Fear of mistakes. Yet to not even try is failure already, and mistakes are only lessons.

The most important thing is to be aware of and awake to what is going on in your life. Once you are aware that some choice you have made is not working for you or has had a negative impact on your life, you gain the option of changing it. If you choose to continue doing it, at least you are aware of what you are doing, and you can take responsibility for your actions and whatever continuing reality they create. Or, once aware of what reality you have created, you can opt to change it for a better, positive reality, one that makes you happy. But you can do nothing without being aware of what is going on and how it affects you.

Whether it is a physical fender bender or an emotional heartbreak, the situation exists for us to get the lesson. Once we extricate the lesson from the turmoil, the experience is free to leave us. As long as we choose to judge it by hating, resenting, or ignoring it, it will remain. When it becomes neutral, being neither good nor bad, the emotion binding it to us is loosened, and it is free to go. In any difficult situation, ask yourself what the experience is trying to teach you. Underlying it is a fear. Discover what that fear is, reason out why it is in your life, and it will lose its power and cease to exist.

You create more of whatever you give your attention to. What you focus on, you will experience. Focusing on negatives will generate more negative situations. The more you focus on the positive things, the more you will create positive situations in your life. You always have that choice to change your thinking and to change the conditions of your life. Every moment, with every choice, you create your life every day. There are no wrong choices. You can be just as happy as you make up your mind to be.

**Recipe for Success:** Start with high self-esteem. Mix in equal measures of respect and responsibility. Respect yourself and others, their rights, privacy, and property. Take responsibility for your actions and words, spoken or not. Add logic and imagination to realize your full potential: logic to decide what you want to do and imagination for the most original ideas. Reason it out. Make sure it makes sense. With logic and imagination, success is yours.

Compared to the universe, we are an infinitesimal part, yet we are of significance because each of us is unique.

No one else is exactly the same as you. Therefore no one else can have the same impact on the world as you. Every action has meaning and purpose and results in a reaction. The point is to learn and grow from our experiences, both pleasant and not so pleasant. Love yourself for you have value, and treat others with the same respect. The joy of living is reflected in high self-esteem. The more secure our self-esteem, the better we can treat ourselves and others. Improving your self-esteem will improve your life and our world.

#### About the Author:

This article was written by Lois Marie Gacher, contributing author to "101 Great Ways to Improve Your Life: Volume 2." Lois has been an intuitive self-improvement counselor for over 13 years and in customer service for over 20 years. As a professional writer, she is author of a workbook for improving self-esteem, "Rise and Shine." Her company, High Esteem Seminars, LLC, uses this workbook in their self-improvement workshops and customer service training seminars. Visit <http://www.highestesteemseminars.com>

# **10 Minute Tricks to Help You Get Organized** – By Maria Gracia

Whoever thought you'd be able to get organized in just 10 minutes?!

Here are a few simple ideas.

## **1. 10 Minute Chore Box:**

Rather than spending hours organizing, and doing it all yourself, create a 10 minute Chore Box for yourself and one for each family member, if applicable.

Each person's box would contain specific chores or tasks that need to be completed. The chores are written on slips of paper, and take a maximum of 10 minutes each to accomplish.

You can gear the tasks towards the person's abilities (e.g. while older kids can help out with vacuuming, a 3-year-old may instead be responsible for putting away his/her toys).

Each day, as a chore is completed, that slip of paper is placed in a holding envelope until the Chore Box is empty. Then, when empty, the boxes are refilled, and the system starts over again. This also works well at the office!

## **2. 10 Minute Pick-Up:**

Control the chaos. Schedule a consistent, '10 minute Pick-up' each night. Set a timer to sound an alarm in 10 minutes.

While the clock is ticking, all family members are responsible for clearing out and putting away their belongings from the main family area.

When the timer sounds, you're all done. Give yourselves a warm round of applause for all you've accomplished.

## **3. 10 Minute 'When I Have Time' Goals:**

One of the oldest phrases in the book is, 'I'll do that, when I have the time.' Problem is, that time never seems to come.

If you REALLY want to do something, the time can generally be found pretty easily. For example, if you just won an all-expenses paid trip to the land of your dreams, you'd probably find time to fit it into your busy schedule without much of a problem.

So, it's time to begin fitting in those things you want to do, and 10 Minute Goals can help. Schedule 10 minutes a day to catch up on your reading, or to begin learning that foreign language, or to simply spend having fun with your children. Then, work on those goals when the schedule date and time rolls around.

## **4. 10 Minute Luxuries:**

Don't forget to schedule a few 10 Minutes Luxuries per day to do something nice for yourself.

Sometimes the day is so rushed and chaotic, that it's easy to forget yourself. Take that 10 minute vacation every day. You deserve it!

## About the Author:

Maria Gracia, founder of <http://www.getorganizednow.com> and author of the book "Finally Organized, Finally Fr e," can help you organize your home, your office and your life.

## To Do Or Not To Do – By Scott Friedman \*\*\*

That is the question...whether 'tis nobler to spend eighteen hours a day trying frantically to wipe out your "to do" list, or to throw in the towel and admit that not even an army of ants could get it all done. You're zipping along in the fast lane of life. You've got e-mail, voice mail, a pager, a cell phone, and a laptop computer -- all supposedly designed to bring you convenience and flexibility.

Along with all that convenience are 53 unanswered e-mails, a pile of voice mails delivered at midnight, and a page sounding in the middle of your child's soccer game.

What's worse is that we have come to accept this high-speed rat race as the norm.

Humor me and answer these questions:

Do you have things on your "to do" list from last week, last month, last year?

Do you go into withdrawal if you forget your cell phone?

Do you routinely work at home in the evenings or on weekends?

Have you considered having your pager implanted on your arm?

Do you fantasize about putting this message on your voice mail:

"Hi, this is Bob in Accounting. I can't take your call right now because I'm busy having a nervous breakdown. I'm sure that the reason you called is very important. I hope to call you back sometime this decade if I don't die of exhaustion. Have a terrific day. Beeeeeeeeep."

It's no surprise if you answered yes to any of those questions. An article in Fast Company magazine entitled, "Don't Manage Time, Manage Yourself" by David Beardsley states that the average businessperson has a chronic backlog of 200 to 300 hours of uncompleted work! That's a month or more! It's impossible to catch up -- that's the bad news. People everywhere are routinely a month behind.

That brings us to the \$63,000 question. If we can't get it all done, how do we actually live with the pressure of always being behind? The answer just may lie in the wisdom of the Tao Te Ching. This ancient Chinese book reminds us to seek simplicity, to let go. The Tao states, "In letting go, it all gets done. The world is won by those who let it go." The good news is that when you surrender to the reality that you can't do it all, your stress level goes way down and your quality of life goes way up.

Am I saying just forget about your responsibilities and walk away? No, ignoring things won't make them go away. I'm saying take some time and look at yourself and your life and figure out what you need to let go of to feel good. Maybe you need to let go of the belief that in order to go home from work you must have your work finished, or have a very good handle on it. Perhaps you need to let go of the idea that you have to be in total control all the time. With change being flung at us constantly, we have a tendency to hold on tighter because of our fears. Yet, if we could only let go and live with uncertainty, we'd actually be a lot happier.

It's tough letting go because we feel out of our comfort zones and even incompetent at times. I know I get nervous when I feel like I'm in completely new territory and nothing seems familiar. I had a Macintosh computer ever since I can remember. Many of my friends and colleagues switched to an IBM platform because the Mac was no longer meeting their needs. I shared some of the same frustrations, yet I didn't want to switch. I had never even turned on a PC before.

Finally, my frustration got so high that I made the switch. At first, the learning curve was painful, but now I look back and I can't believe I waited so long.

Don't we frequently say that after we've made a major switch in our lives? Once we released the fear and took the plunge -- whatever it was -- we often say, "I wish I had done it sooner." The other great bonus in letting go of fear and making a change is the learning that comes from it. It's revitalizing. It's energizing.

Staying energized is tough if you feel like you are always behind. Living faster and harder does not improve quality of life; living with more focus does. You can't be focused and energetic if you are running nonstop, trying to do everything. Instead of adding every event, project, goal and opportunity to your list that comes your way, you must become discriminating. You need to become a connoisseur of possible "to do's." Reframe the way you think about your "to do" list. Instead of viewing your list as an endless list of obligations, it should be a reflection of your passions and priorities. It should be an honor to get on your list.

The key to creating a Grade A list is to really take some time to affirm your priorities. To be effective, this requires honest soul searching about some difficult choices. A fast track at the office, involved parenting, a serious hobby, volunteering, and season tickets to 81 home baseball games is probably too much to juggle. You can't avoid making these choices. You have to set your priorities.

Once you have decided what's important, your world gets a whole lot clearer. When you ask yourself, "Is chairing this committee in alignment with my priorities?" you'll know whether to accept or not.

You will be able to let go of other potential distractions and unwanted commitments. Jeffrey Miller, President and CEO of Documentum, said it well when he stated, "There is always too much work to do and not enough time to do it."

In order to prevent insanity, frustration and burn out, we need to develop our own pace and then develop laser-like focus on your priorities."

Day in and day out it's still tough to keep track of priorities. I have found something that really helps keep my priorities in focus. Every night, the last thing I do before I end my workday is to make a realistic list for the following day. Don't make your list too long to achieve. Stick to four to six items. Through trial and error, I have discovered that it's best to allow for the unexpected. I leave open some unscheduled time to build in for distractions that invariably crop up. The other element I include is time for important long-term projects. I spend a set amount of time working on one component of a big project. This is true whether it's a work-related project or a personal goal.

The other tools I regularly use are three questions I repeat like a mantra. They are:

**What's important?**

This reminds me what my priorities are because sometimes it's hard to decline appealing invitations that are not reflective of my priorities.

**What's important now? What has to be done now, today, and this week?** This keeps me from getting distracted and focusing on good things at the wrong time.

**What's important, not?**

I phrase this one with the "not" at the end because so often we think something is important and then belatedly realize it's not.

Once you determine what's important and establish your priorities, it becomes much easier to eliminate the clutter that can cloud your vision.

Once we let go of what isn't important and what we can't control, we can enjoy the wild ride. Maybe you can even let go and ride "no-handed!"

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## Få en bedre hjerne på en uge

Forskere tror, at små ændringer og øvelser i hverdagen kan gøre os klogere. 100 briter tester i weekenden påstanden. Prøv selv om du kan kickstarte din hjerne.

Af Sarah Friis Elkjær

Luk øjnene i brusebadet, gå en tur og løs Sudukoen bag på Politiken. Så er du godt på vej til at blive klogere ifølge en teori, som vinder frem blandt forskere. Det skriver The Observer.

Teorien siger at ved at spise sundt, motionere, få en god nats søvn og lave små aktiviteter for hjernen som puslespil, bruge computermusen med den forkerte hånd og huske telefonnumre kan gøre folk op til 40 procent klogere, mere selvsikre og bedre til at træffe beslutninger. Alt sammen på kun syv dage.

### Bliv klogere på en uge

Mandag - Spis en fed fisk til aftensmad.  
+ Cykel, gå eller tag bussen på arbejde.\_

Tirsdag - Find ord du ikke kender i ordbogen  
og brug dem i samtaler i løbet af dagen.\_

Onsdag - Tag en time i yoga, pilates eller meditation og snak med én person, du ikke kender.\_

Torsdag - Find en ny rute til arbejde og se et quiz-program i fjernsynet eller hør det i radioen.\_

Fredag - Undgå kaffe og alkohol  
og husk din indkøbseddelen udenad.

Lørdag - Børst dine tænder med den forkerte hånd  
og tag et brusebad med lukkede øjne.

Søndag - Lav en kryds og tværs eller Suduko  
og tag en frisk spadseretur.

## **How loud is too loud?**

It depends on whether you're concerned about your heart or your hearing. For your ears, anything around 70 or 80 decibels -- a noisy office, a loud vacuum -- can damage your hearing if you're exposed to it for several hours. (And, yes, a rock concert is off the hearing charts -- worse than a jackhammer.)

But for your heart,  
it can take less noise pollution to create cardiac stress.  
Just living near high-traffic roads made people more prone  
to a heart attack, research shows. It's a good reason to seek out  
quiet time every day, whether that means taking a warm soak after  
work or a peaceful walk with a friend, your dog,  
or just your inner thoughts.

<http://www.realage.com/srch/RASearch.aspx?SRC=TIP&CS=Y&query=chronic%20noise>

# **Hvem bryder sig om mig?**

(Fra "The best of Sting: "It's probably me").

Natten bliver kold, stjernerne kigger ned.  
Du kryber sammen på den iskolde jord  
og vågner op i en fremmedes frakke,  
men du kan ingen se.

Du spørger dig selv: "Hvem bryder sig om mig?  
Hvem holder øje med mig? " Min eneste ven, hvem kan det være?

Jeg er ked af at skulle sige det,  
Ja jeg hader faktisk at skulle sige det til dig,  
men det er sandsynligvis dig selv nu.

2. Din mave er tom, sulten bider hårdt.  
Du er er for stolt til at tigge og for sløv til at stjæle,  
så du leder i byen efter din eneste ven, men du finder ingen.  
Du spørger dig selv: "Er der blot en enkelt stemme, som vil tale min sag?"

Jeg er nødt til at sige det, ja, jeg er ked af at skulle sige det igen,  
jeg hader faktisk at skulle sige det til dig, men det er sandsynligvis  
din egen stemme, du leder efter.

3. Du er ikke den nemmeste af alle dem, jeg har kendt.  
Det er svært for os begge at vise følelser. Du kalder på oceaner af kærlighed  
Noget i mig siger, jeg skal droppe dig, før det hele ender i gråd og raseri,  
for du kalder jo forgæves på din mor og far.

"Er der ikke een, som vil ofre sit liv for mig?"  
Jeg er ked af at skulle sige det, jeg hader at skulle sige det,  
men der er sandsynligvis kun dig selv.

4. Når verden bliver skør.  
Når verden styrter sammen,  
er der så een, som vil forsøre dig?  
Et venligt ansigt er alt, hvad du behøver.

Juryen voterer, du ser dig omkring.  
"Er der een, blot en eneste ven, som vil ofre sit liv for mig,  
svare for mig og se efter mig?"

Jeg er ked af at skulle sige det igen,  
men det er mest sandsynligt, at du kun får øje på dig selv.

Af Sting & Eric Clapton.

## **20 WAYS TO TELL SOMEONE "NO"** - By Ramona Creel

Tell me if this sounds familiar -- someone asks you to do something that you really don't want to do or you honestly don't have time for. It might be a church bake sale, a school fundraiser, participating on a committee, or even just working late. But you feel like you will let the other person down if you say no. You feel GUILTY already, and you haven't even responded yet! So you say, "Sure," even though doing so is going to put you under tremendous stress and PRESSURE. You know that you will probably end up resenting this activity, and maybe even ducking some of your responsibilities because your heart's just not in it, but you go ahead and agree anyway.

Why are we so afraid to tell people "no"? For some reason, we have been taught that "no" is DISRESPECTFUL -- and even insulting. We seem to value other people's time more than our own -- feeling that we need to bend over backward to accommodate others, even if it inconveniences us. I know we're atoning for the "me" 1980's, but let's be reasonable! "No" is actually one of the healthiest words that can come out of your mouth. When you tell someone "no," you are really saying that you understand and accept your own LIMITS, and don't want to do a shoddy job by overwhelming yourself. That you value your time and priorities and aren't willing to take away from the truly important things in your life. A little selfishness is necessary, if you want to maintain a balanced and sane life!

So how do you say "no" without insulting the other person, feeling consumed with guilt, or hurting your own credibility? We need to find a way to say "no" without dragging up all of those HIDDEN FEARS -- they'll think I'm lazy or selfish, that I have no career drive, that I'm not ambitious, that I have no concern for other people. And it's time to give up all of those roles you're so proud of -- supermom, martyr, hero -- but are keeping you from finding true peace. Once you've accepted that you have the right (and often responsibility) to turn someone down, you can do it in a way that doesn't seem like a REJECTION. Let me show you how:

### **"I CAN'T RIGHT NOW, BUT I CAN DO IT LATER"**

If you really want to help the person but don't have time now, tell them so. Offer a later time or date -- if they can't wait for you they will find someone else.

### **"I'M REALLY NOT THE MOST QUALIFIED PERSON FOR THE JOB"**

If you don't feel that you have adequate skills to take on a task, that's okay. It's better to admit your limitations than feel overwhelmed down the road.

### **"I JUST DON'T HAVE ANY ROOM IN MY CALENDAR RIGHT NOW"**

Be honest if your schedule is filled -- and "filled" doesn't have to mean really FILLED! It just means you have scheduled as much as you are willing and you're stopping.

**"I CAN'T,  
BUT LET ME GIVE YOU THE NAME OF SOMEONE WHO CAN"**  
If you aren't available to help out, offer another qualified resource.  
Professionals do this all the time when they refer a client to a colleague.

**"I HAVE ANOTHER COMMITMENT"**

And it doesn't matter what that commitment is. It could be a meeting or a dentist appointment or a day in the park with your kid. The point is, you aren't available.

**"I'M IN THE MIDDLE OF SEVERAL PROJECTS  
AND CAN'T SPARE THE TIME"**

Let people know when you have already accepted other responsibilities -- no one is going to fault you for having already filled your plate.

**"I'VE HAD A FEW THINGS COME UP  
AND I NEED TO DEAL WITH THOSE FIRST"**

Unexpected things happen that throw your schedule off -- it happens. So accept that you may need to make a few adjustments until your life stabilizes again.

**"I WOULD RATHER DECLINE  
THAN END UP DOING A MEDIOCRE JOB"**

Knowing that you aren't able to deliver a quality product -- for whatever reason -- is reason enough for turning a request down.

**"I'M REALLY FOCUSING**

**MORE ON MY PERSONAL AND FAMILY LIFE RIGHT NOW"**

People act ashamed of wanting to spend time with their families -- like it means they don't have goals. Having a strong family is a goal in and of itself!

**"I'M REALLY FOCUSING MORE ON MY CAREER RIGHT NOW"**

The reverse is true also -- you may have to give up some civic or community duties

to focus your energies on a work-related task (and that's fine, too!)

**"I REALLY DON'T ENJOY THAT KIND OF WORK"**

Who said you were supposed to enjoy your chores and assignments?! Well, if you don't enjoy them, why do them? Life isn't about drudgery and boredom.

**"I CAN'T, BUT I'M HAPPY TO HELP OUT WITH ANOTHER TASK"**

If someone asks you to do something you really despise, refuse -- but then offer to help with something you find more enjoyable or stimulating.

**"I'VE LEARNED IN THE PAST  
THAT THIS REALLY ISN'T MY STRONG SUIT"**

Another way of admitting your limitations. Did you know that actually makes you stronger? Knowing what you can handle and what you can't is a tremendous talent!

**"I'M SURE YOU WILL DO A WONDERFUL JOB ON YOUR OWN"**

Many times, people ask for help because they doubt their own abilities. Let the other person know that you have confidence that they will succeed.

**"I DON'T HAVE ANY EXPERIENCE WITH THAT, SO I CAN'T HELP YOU"**

Volunteering to help out shouldn't mean that you have to learn an entirely new set of skills. Offer to help out with something you already know how to do.

**"I'M NOT COMFORTABLE WITH THAT"**

You might be uncomfortable with the people involved, the type of work, the moral implications -- this is a very respectful way to avoid a sticky situation.

**"I HATE TO SPLIT MY ATTENTION AMONG TOO MANY PROJECTS"**

Let people know that you want to do a good job for them -- but that you can't when your focus is too divided or splintered.

**"I'M COMMITTED**

**TO LEAVING SOME TIME FOR MYSELF IN MY SCHEDULE"**

Selfish, selfish, selfish! But in a good way! Treat your personal time like any other appointment -- block it off in your calendar and guard it with your life!

**"I'M NOT TAKING ON ANY NEW PROJECTS RIGHT NOW"**

You aren't saying that you will never help out again -- just that you feel your schedule is as full as you would like right now.

**"NO"**

Sometimes it's okay just to say no! Just make sure that you say it in a way that expresses respect and courtesy -- that leaves the door open for good relations.

**About the Author**

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