

## Tips on How to Stay Stressed

Never Exercise	Exercise wastes a lot of time that could be spent worrying.
Eat Anything You Want	Hey, if cigarette smoke can't cleanse your system, a balanced diet isn't likely to either.
Gain Weight	Work hard at staying at least 25 pounds over your recommended weight.
Take Plenty of Stimulants	The old standards of caffeine, nicotine, sugar, and cola will continue to do the job just fine.
Avoid "Woo-Woo" Practices	Ignore the evidence suggesting that meditation, yoga, deep breathing, and/or mental imaging help to reduce stress. The Protestant work ethic is good for everyone, Protestant or not.
Get Rid of Your Social Support System	Let the few friends who are willing to tolerate you know that you will concern yourself with friendships only if you have time, and you never have time. If a few people persist in trying to be your friend, avoid them.
Personalize All Criticism	Anyone who criticizes any aspect of your work, family, dog, house, or car is mounting a personal attack. Don't take time to listen; be offended, then return the attack!
Throw Out Your Sense of Humor	Staying stressed is no laughing matter, and it shouldn't be treated as one.
Males and Females Alike—Be Macho	Never ever ask for help, and if you want it done right, do it yourself!
Become a Workaholic	Put work before everything else, and be sure to take work home evenings and weekends. Keep reminding yourself that vacations are for sissies.
Discard Good Time Management Skills	Schedule in more activities every day than you can possibly get done and then worry about it all whenever you get a chance.
Procrastinate	Putting things off to the last second always produces a marvelous amount of stress.
Worry About Things You Can't Control	Worry about the stock market, earthquakes, the approaching Ice Age—you know, all the big issues.
Become Not Only a Perfectionist But Set Impossibly High Standards...	...and either beat yourself up, or feel guilty, depressed, discouraged, and/or inadequate when you don't meet them.

Source: De Anza health Office, Stanford University (<http://matia.stanford.edu:80/~pinto/stress.html>).