

## **A Dhamma gift of the day!**

"Suppose, at work, sometime, we are not stressed out; however, people around us may be. Their stress can affect us. Stress does not have to start with us. Stress is all around at work.

The best way to cope with it is to expect stress to always be there at work. This expectation takes away a surprise factor from stress. It is a Buddhist psychological pre-emptive measure. Heart attack usually involves a surprise factor. In other words, to face stress before we are stressed.

If, for some reason, stress is all over you, then take a break for about three minutes, judging nothing and doing nothing, but counting your breathing. This can be done at work.

At home, before going to bed, you may do, if you like, a quiet sitting for about THREE minutes, watching your breath, flowing deeply and slowly. At that time, the mind is given an opportunity to re-display its emotional functions during the day. As you recognise each one that comes up, you make a great leap forwards in building up emotional immunity.

This is all for today."