

# Tips for the “sandwiched” or “open sandwiched” ...



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## Tips for the “sandwiched” or “open sandwiched” challenged folks among us:

1. Keep the big picture forefront; try not to get lost in negative possibilities.
2. Be patient. Perhaps reframe a situation to have more (positive) possibilities.
3. Understand your own agenda and priorities. If you're having difficulty doing this, pay special attention to #4 and #5 and possibly seek advice.
4. Follow your mind and heart.
5. Stay focused. Meditate. Breathe.
6. Take care of yourself.
7. Ask for help when possible.

Smile, Act "as if"!

If you or anyone you know feels overwhelmed or frustrated-angry most of the time, consider my five hour seminar 1/14/12 Sat. 9-3 in Wantagh, LI

Details and register: <http://www.balanceandpower.com/events.php> - 516 623 4353 Complimentary telephone consult.