

***What to do
until the
Psychiatrist
Comes!***

Bob Hince

***The times
they are
a-changing!***

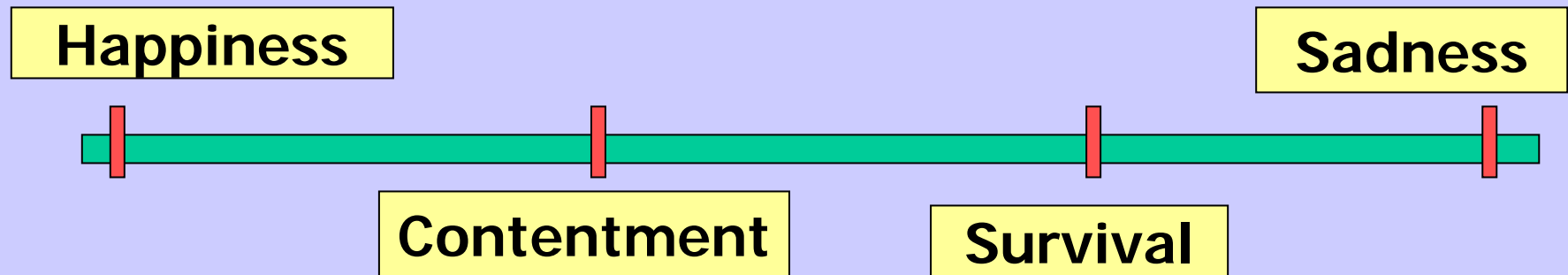
*The
Physical
Aspect*

C.P.R. on Yourself

- 1. Take deep breaths
...every 2 seconds.*
- 2. Cough vigorously
... every 4 seconds.*
- 3. Call for help.*

*The
Mental
Aspect*

*'Life wasn't meant
to be easy'...*
Malcolm Fraser



Feeling sorry for yourself?

If we could shrink the world's population to a village of 100 people with all existing human ratios remaining the same, then....

- 70 would be unable to read.
- 50 would suffer from malnutrition.
- 80 would live in sub standard housing.
- 1 would have a college education.
- 1 would own a computer.

And, did you know...

If you have food in the fridge, clothes on your back, a roof overhead and a place to sleep...you are richer than 75% of this world.

If you have money in the bank, in your wallet and spare change in a jar...you are among the top 8% of the world's wealthy.

G.O.M.O

Get Over it...Move On!

Remember:

- * "This too shall pass!"*
- * the pebble and perspective*
- * a clenched fist - no 'pressies*

ENTHUSIASM

....an attitude to life!

- *See the positive!*
- *Say the positive!*

The
Social
Aspect

SOCIAL

...to love.

*...we're all in this
together.*

'Connection- Caring'

- 'connection' occurs when people share an emotion...
- the sharing infers 'we are alike'
- the *caring* now occurs.

Connection-Caring Culture

Connection:

- Laughter is a universal language.
- Laughter is a 'doorway' to being more humane.
- Laughter encourages relaxation.
- 'Laugh, and the whole world laughs with you....'

Caring:

- Shared joy infers, *'You and I are alike'*.
- Interactions which are fun are long remembered.
- More is learnt about a person at 'play' than in conversation.

FUN & NONSENSE **COMMITTEE**

***Lunchtime
comedy club***

***Mystery
Angel
week***

***Candid
camera
fun***

***Monday
Awards
Breakfast***

***Dress up
day***

***60 min.
job
swap***

***Staff
alternative
photo***

***Lunchtime
fun
seminars***

***Crazy
colour
day***

*The
Spiritual
Aspect*

SPIRITUAL

**Value
Sets.**

**Concept
of
Success**

What do you...
Live for; Stand for; Die for;?

- * Career success
- * Family harmony
- * Trust in God
- * Financial success
- * Heritage pride
- * Helping others
- * Being loyal
- * Being creative
- * Personal attractiveness
- * Privacy
- * Freedom to act
- * Honesty
- * Social acceptance
- * Family honour

It's all about...

Balanced

self-

improvement

Goals!

***'Our fate dear
Brutus, lies not
in the stars but
within ourselves'***

Shakespeare