



How to Stay Stressed

- Ignore your physical health – eat junk food regularly
- Avoid exercise – it tires you out!
- Create debt – borrow frequently, repay slowly
- Nourish grudges – remind people of their past mistakes
- Search for bad news – if none available, create it
- Whine often – it makes you feel better
- Try to feel bad – stay angry, pout
- Catch a contagious disease and share it with your friends
- Get all you can before the selfish people do
- Blame others for your problems
- Be a martyr – let others know how much you suffer and sacrifice for them
- Procrastinate
- Avoid happy people at all costs – they might make you smile and feel better!