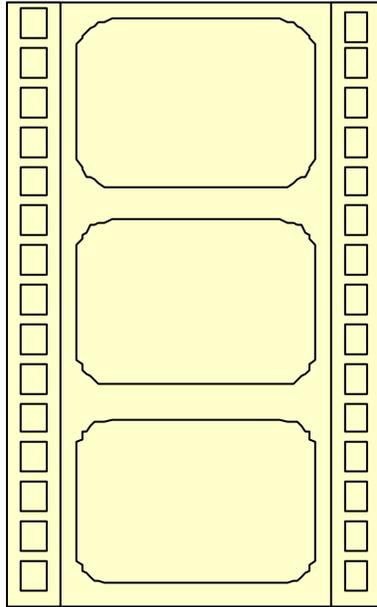


SHORT TAKES



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Short takes are information crammed into a small space/time frame. For example, in film, the “movie” may be only three minutes long and still pack a powerful punch. The subject can be anything.

In publications such as newsletters, ebooks and magazines, up to one page is a short take. As you will see in these pages, a topic is presented in short take format. This gives you enough information to kick start the thinking part of your brain.

It is up to you to take it from there, if you so desire.

That in a nutshell is a short take.

Enjoy ours...

Disclaimer: Nothing in the book is meant to be medical, financial or legal advice. It is for information purposes only and it is your decision whether to act, or not act, on any of it. Always, repeat always, contact a competent professional in the field in which you are interested/involved/active.

<u>Topic</u>	<u>Page</u>
Aging Gracefully	2
Anger	3
Wedding Anniversary And Its Symbolic Motif	4
Anxiety	5
Body Language	6
Quick Calorie Computer	7
All Is Not Fair In Love	8

Aging Gracefully

My mother use to say, “Nobody is getting out of this world alive so why are they trying to hide their age.” She had a way of making a statement and, at the same time, asking a question that sounded more like a statement than a question.

The answer, of course, lies within the individual. For this book, we will assume you are not hiding your age, you are living it. So, the first step to aging gracefully is obvious – you have accepted your age. Wonderful. This means you are using your wisdom, experience and skills to stay in the game of life.

The second step most gerontologists say is important to aging gracefully is to keep the mind active. You keep learning and stay intellectually active. New things like computers, DVDs, podcasting aren't intimidating, they are challenging.

You stay socially involved and haven't cut yourself off from other people. You joined a golf club, swim club, walking group, kept a part time job, do volunteer work, entertain friends and/or whatever else interests you.

You exercise and work at maintaining your weight.

While these aren't the end all be all for aging gracefully, they certainly are one heck of a start. If you haven't started your road map to aging gracefully, use the above as your basic outline and you won't be off mark.

Anger

Anger is common to every human being on the face of the earth. That doesn't excuse it, it just says we all have a common trait. If this is true, then we all have the ability to control, and maybe, eliminate it from our lives.

Imagine if each and every one of us accomplished controlling our anger what a wonderful world this would be. I know I'd like it.

The oldest advice on the subject is to count to 10 before making any statement or physical movement of any kind. This gives you time to cool down and diffuse potentially explosive emotions. The experts say it is a distraction allowing you to consider the consequences of your actions.

We say it also allows you to recognize you are in charge of yourself which means only you will decide what YOU will do or say. Only you will decide how you will frame yourself for others to see.

Another anger diffusion technique is to distract your mind. For example, if you are stuck in traffic, imagine yourself at one of your favorite places. While inching forward, I see myself at the beach. Yes, I still have to pay attention to the cars around me, but at five miles an hour, I can be at the beach and on the highway at the same time.

We also believe humor works wonders. After all, how many true anger arousing situations actually happen to you on a daily basis? And, if you think about it, you are probably the cause of the anger situation. You did something ignorant and were called on it by another person. Laugh at yourself and the other person will almost assuredly be caught off guard and immediately change from angry to an "oh well, we all make mistakes" empathetic posture.

Last, but not least, practice tolerance. Nobody is perfect, including you. It takes fewer muscles to smile than to screw up your face in anger.

Remember, anger takes a toll on your friendships, relationships and health. Don't let it be the force that robs you blind.

Wedding Anniversary and its Symbolic Motif

<u>Anniversary</u>	<u>Motif</u>
First	Paper
Second	Cotton
Third	Leather
Fourth	Linen
Fifth	Wood
Sixth	Iron
Seventh	Copper
Eighth	Bronze
Ninth	Pottery
Tenth	Tin
Eleventh	Steel
Twelfth	Silk
Thirteenth	Lace
Fourteenth	Ivory
Fifteenth	Crystal
Twentieth	China
Twenty-fifth	Silver
Thirtieth	Pearl
Thirty-fifth	Coral or Jade
Fortieth	Ruby
Forty-fifth	Sapphire
Fiftieth	Gold
Fifty-fifth	Emerald
Sixtieth	Diamond

Anything after sixty years really doesn't make a difference, does it? <G>

Anxiety

Worry is another word to describe anxiety. It is generally presupposed if you are “anxious” you are worried over something. Don’t confuse anxiety with depression.

Anxiety produces a more active you while depression produces a less active you. The symptoms are also a world apart.

Jangled nerves is another descriptive for anxiety.

Should you find yourself anxious and you have chamomile tea available make your self a cup. Let the chamomile steep for about 15 minutes so the full natural sedative potential of this herb can be brought out.

Sip it slowly while sitting in your favorite chair with your eyes closed. Breathe in and out concentrating on your breath and belly. As you inhale, your belly should be tucking in and as you exhale, your belly should be coming out.

Do this for about ten minutes. If you can, let your mind slip from your breathing to a calming thought like your last pleasurable outing or event.

All the while the cause of your anxiety will be floating in the recesses of your mind but it won’t be able to bother you. Let your unconscious mind work with it and you may just find the cause will have worked itself out.

Your relaxed state took the cause, twisted it this way and that, and produced a solution or an answer you could live with.

By the way, if you don’t have chamomile tea, regular tea or chilled, not cold, water will help produce almost the same sedative type of feeling.

Why?

Because your mind isn’t concentrating on the drink, it is concentrating on the thought you put there to remove the anxiety cause. The liquid prevents your throat from becoming dry and distracting you from exercising the full power of your mind’s abilities.

Body Language

Body language has been defined as the physical expression of thoughts and feelings. It also carries the potential of conveying a message far better than the spoken word.

Do you remember your mother casting “that” look at you? She didn’t have to utter a single word, right?

The most common of all body language is the crossed arms or legs. Most of the time it is natural but, when not, it may indicate discomfort or defensiveness.

Lying, shyness or nervousness is generally shown by the fingering of a shirt collar, belt, button, shirt cuff or by the twirling of a ring around a finger, or by repeated touching of the neck or ear and may be accompanied by a slight cough or clearing of the throat.

A lack of interest or an objection to what is being said could be indicated by brushing lint, dirt off clothing or by rolled up eyes, a blank stare or fidgety motions.

Blushing almost indicates shyness or nervousness.

If you are talking to someone and they have their hands behind their head or neck and they are leaning backwards in their chair, this generally indicates a superior, and sometimes arrogant, attitude. They are probably saying, “I am better than you.”

The “don’t mess with me” pose is generally hands on hips with legs slightly apart.

Darting eyes has been associated with shyness but lying is its most common interpretation.

Open arms almost always shows a receptive attitude.

Mirroring the behavior of another person is a definite sign of interest and/or attraction.

Trust/reassurance is shown by placing your hand on their shoulder or arm.

You show interest in what someone is saying by sitting or standing straight and looking him/her in the eyes.

Quick Calorie Computer

This is a rule of thumb kind of thing. By the time you reach adulthood, you've probably experienced at least ten diets. This is NOT a diet.

It is ONLY a quick way to determine how many calories you can eat per day to maintain a desired weight. It also tells you how many calories to consume if you want to lose weight.

However, it doesn't tell you what you should eat and it doesn't take into account any infirmity, illness or disease you may be experiencing. Again, it is a rule of thumb for people who aren't experiencing any problems.

The formula is simply multiplying your ideal weight by 15. If your ideal weight is 150 pounds, you can consume 2250 calories a day and maintain that weight.

If you weigh 160 pounds and want to weigh 150 pounds, you should cut your caloric intake to 1750 calories. By subtracting 500 calories from your ideal weight's caloric allowance, in this case 2250 for 150 pounds, you will lose about one pound per week.

So, to lose 10 pounds, you can consume only 1750 calories per day for the next ten weeks.

All Is Not Fair in Love

Quarrels and fights in marriages and friendships are as common as feelings. Since quarrels and fights are manifestations of feelings, that seems like a tremendous grasp of the obvious.

However, if you want to maintain the marriage or friendship, you should know how to fight fair. Some people purposely resort to one or more of the below tactics so they can feel good, destroy the other person and/or be in total control no matter the cost.

Ouch! Not a good way to exist.

The best way to dissolve a fight or quarrel almost instantly is to explain how you feel or how you see what led up to the fight or quarrel. After all, isn't this what precipitated the fight?

If both parties are on the same page, both parties can clear the air and move on without resorting to fisticuffs or bodily or mental harm.

Should you have already entered into the fight, don't hit the other person below the belt, that is, take advantage of one or more of their weaknesses. Besides showing a total lack of respect for the other person, it destroys any trust you may have built up.

Keep to the point and avoid broad statements or generalizations. Words like "you never...", "you always...", tend to raise the level of the encounter. Recall point number one and utilize it.

Don't change the subject and travel in a different direction. This won't solve the problem or clear up the issue. In fact, it may continue it far longer than either party desires.

Once you've settled the dispute, kiss and makeup. That's right, make a point of keeping the affection for each other alive. It just may keep other fights from happening or, in the minimum, stretch out their reoccurrence.