

Q-Tip 11/18/19

Happy Monday My Dear Friends,

We all need humor in our lives. It is a great stress reliever as well as helps kick in the endorphins which possesses health benefits for us as well. Sometimes a good laugh makes things seem a little lighter than perhaps you first thought. So today our focus will be on the power of laughter in our letter of positivity and encouragement

ABSURDITY

“Humor is our way of defending ourselves from life’s absurdities by thinking absurdly about them.” (Lewis Mumford)

There’s almost nothing that can’t be helped with a healthy dose of humor. We could rail in anger and frustration about our relationships, work, politics, or the world in general. But it’s a lot more fun-and more useful-to laugh instead. Taking life with a dose of humor can relieve stress, improve mood, help us cope with change, and put things into clearer perspective.

NOTE TO SELF:

Instead of becoming annoyed today, I will look for humor in whatever it is that is threatening to irritate me. (Linda Picone)

I slept and I dreamed that life is all joy.I woke and I saw that life is all service. I served and I saw that serve is joy. (Kahlil Gibran)

Life is a big canvas, throw all the paint on it you can. (Danny Kaye)

The sexiest curve on your body is your smile. Flaunt it! (Unknown)

Be who you are and say what you feel, because those who mind don’t matter, and those who matter won’t mind. (Dr. Seuss)

Those who bring sunshine to the lives of other cannot keep it from themselves. (James Matthew Barrie)

Wishing everyone a fun and happy week,

Susie Q for QSPAC signing off

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Happy Monday my Friends,

It has been a while and on my mind that as we approach the holidays, things tend to get more stressful than usual. So I wanted to send some words of positivity and encouragement so we don't forget that each of us needs to take a moment to breathe and enjoy each and every day.

The generous and bold have the best lives. (Norwegian proverb)

Fear is only as deep as the mind allows. (Japanese proverb)

Turn your face to the sun and the shadows fall behind you. (Maori proverb)

To be damned by the devil is to be truly blessed. (Chinese proverb)

He who allows his day to pass by without practicing generosity and enjoying life's pleasures is like a blacksmith's bellows-he breathes but does not live. (Sanskrit proverb)

Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more; hate less, love more; and all good things are yours. (Swedish proverb)

When one door shuts, a hundred will open. (Spanish proverb)

Love is friendship set on fire. (French proverb)

Dance as if no one's watching, sing as if no one's listening, and live everyday as if it were your last. (Irish proverb)

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off