

Life On Hold



Anger is part of the
grief process,
part of letting go
and moving on.

But it can also eat you up,
Give you ulcers and migraines,
Ruin relationships with the
Functional people in your life.

The first thing I learned is
That it's important to find time and energy
To put yourself first.

Plan nice things for yourself.
Don't put the rest of your life on hold.

That old long walk is helpful.
My mom used to deal with frustration
By baking bread, and
Pounding the living daylights out of it.
Even just petting a dog or cat is nice.
Keep a journal of your feelings.

Have lunch with a friend.
You need someone you can laugh with.
Watch a favorite funny TV show.
Rent a good comedy video.

Go get your hair done.
Get a manicure or a pedicure.
Join an exercise class.
Have a professional massage.
Take a bubble bath.

What are the things you enjoy
That you're putting on hold right now?

by Bonnie Buxton