

Put that glass down, people!

Today I bring us a challenge to take on. Picture this:

> A trainer walked around a room while teaching stress management to an audience. As she did so, she raised a glass of water. Everyone expected they'd be asked the old "half empty or half full?" question. Instead, she asked, "How heavy is this glass of water?"
>
> The answers ranged from 8 oz to 16 oz.
>
> She replied, "The absolute weight doesn't matter. What's important is how long I hold it. If I hold it for a minute, it's not heavy. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will be numb and feel paralysed. In each case, the weight of the glass doesn't change but, the longer I hold it, the heavier it becomes".
>
> She continued, "The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralysed—incapable of doing anything."

You see, it's important for us to remember to let go of our stresses. To put our burdens down when we can. Not carry them for hours and days and months. Or, they'll surely bring us down.

For every time I can put my "glass down" and let go of things that are out of my control, my heart thanks me. And I am grateful.

What are you thankful for today?

Until next Thursday's post…si Dios quire.

”Let go and let God.”



Share this:

- Share on Facebook (Opens in new window) Facebook
- Share on X (Opens in new window) X
- Share on Pinterest (Opens in new window) Pinterest
- Print (Opens in new window) Print