

Dealing with Life's Burdens

Burden, according to *Merriam-Webster*, is defined as ...

- Duty, responsibility, such as caring for aging parents or – in the case of Life Care or Century Park – the residents entrusted to us.
- Something oppressive or worrisome, as in the case of a broken relationship or a huge financial burden on a family.



Life is filled with burdens, and burdens can produce stress. A lecturer, explaining stress management to an audience, raised a glass of water and asked, “How heavy is this glass of water?”

Answers ranged from 20 grams to 500 grams. The lecturer replied, “The absolute weight doesn’t matter. It depends on how long you try to hold it. If I hold it for a minute, that’s not a problem. If I hold it for an hour, I’ll have an ache in my right arm. If I hold it for a day, you’ll have to call an ambulance. In each case, it’s the same weight, but the longer I hold it, the heavier it becomes.”

That’s the way it is with stress management, he continued. “If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won’t be able to carry on. Whatever burdens you’re carrying now, let them down for a moment if you can. Rest awhile.”

Here are some suggested ways of dealing with the burdens of life:

- Always keep your words soft and sweet, just in case you have to eat them.
- Read stuff that will make you look good if you die in the middle of it.
- Drive carefully. It’s not only cars that can be recalled by their Maker.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- It may be that your sole purpose in life is simply to be kind to others.
- Never put both feet in your mouth at the same time, because then you won’t have a leg to stand on.
- Nobody cares if you can’t dance well. Just get up and dance.
- When everything’s coming your way, you’re in the wrong lane.
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to only make once.

(more)

- We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour.

Well, maybe you found herein some humor or perhaps nuggets of wisdom. But they all can be burden lifters – for you or for others.



Bear one another's burdens, and so fulfill the law of Christ (Galatians 6:2 NKJV).

– Beecher Hunter