

Bay Nature

Check out BayNature.org for great holiday gifts that also give back to the environment. Bay Nature puts out a beautiful monthly magazine and books about the wildlife and natural resources of the San Francisco Bay Area. Discounted prices are available online during the holidays.

Nominate a Water Saver

Visit WaterAwards.org to nominate an organization that has done the most to save water during our long, four-year drought, which seems to be ending soon, with an El Nino winter approaching. This does not mean that we are out of the woods yet, because more droughts could be in our future, but for now, let's recognize and celebrate those who helped keep the Golden State green during dry times.

Hardy & Hearty for the Holidays

PsychTests.com says that resilient people approach stress in a way that boosts their well-being. Attitude is everything. As the Buddha wisely said: "The secret of health for both mind and body is not to mourn for the past, not to worry about the future, but to live in the present moment wisely and earnestly." So what makes some people so resilient in the face of seemingly insurmountable challenges? Resilient, hardy, or mentally tough people view and approach their world in a unique way. These "tough cookies" do more than survive – they thrive. They view a stressful situation as a challenge to overcome, rather than as a permanent setback or obstacle. PsychTests suggests:

- Take pleasure in small victories. Even the hardest occupations have moments when you can stop and savor a job well done, a person helped, or a difficult task accomplished.
- Accept that you're going to have bad days. Even people who are naturally positive and upbeat have a day where it seems like everything that could possibly go wrong does go awry. But those bad days here and there don't stop them from appreciating the overall positives in their lives.
- Take a step back when a challenge overwhelms you. Getting out of the situation for just a little bit will help you relax and put things in perspective. Try breathing techniques, meditation, or simply changing to a different task to get your mind off the difficult undertaking.
- Know the benefits of having control. Although taking responsibility for your actions may sometimes cause you to feel disappointed in yourself

(e.g., accepting blame for a failure), it also leads to greater self-motivation and a more active attitude toward life

- Eliminate cognitive shortcuts. These are automatic, habitual, deeply ingrained, and self-defeating ways of thinking, and often consist of some variation of “I can’t do that because I’m too old, poor, weak, scared, uneducated, ugly, fat, etc.” These negative thoughts are surefire success-killers because they lead to self-fulfilling prophecies.

Swami Sez

“The four most beautiful words in our common language: I told you so.” (Gore Vidal)

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