

Wellness At Work - Simple Habits For A Happy Workplace

November 2016 - Don't sweat the small stuff

The story of Richard Carlson's life and death is an eloquent, if not ironic reminder of the importance of the message in what is perhaps his most well-known of books: 'Don't Sweat The Small Stuff.'

On December 13, 2006, Richard boarded a United Airlines flight to New York as he was promoting his book, Don't Get Scrooged. He didn't have to get on the plane that day. He could have done his interviews from satellite in San Francisco, but that week he had received pressure from his publisher; someone had commented to him that he was not putting his all into the campaign of this book. He was a bit fatigued, and his wife remembers his feelings were bruised from this remark on his character which he felt was not true.

However, his decision to go to New York and to do the interviews in person rather than by satellite was influenced by that negative comment. Even though he wasn't feeling great, he chose to power through his fatigue, as many men do, and make the trip.

December 13th miraculously is a Swedish holiday. In Sweden, they light candles on this day to honor Saint Lucia; she is the patron Saint of love and kindness and she was considered to be the inspiration to authors. Richard had been working on an article: "How to be more loving and kind to yourself" on the plane just before the a pulmonary embolism took his life at age 45.

Richard's life was in some way the ultimate testament to not sweat the small stuff. Here are some of the key take-aways to ponder:



Will this matter in a year from now?



Peace is cultivated from inside.



Open your heart to what is, instead of insisting that life be a certain way.

Acceptance has absolutely nothing to do with apathy.



Stress is nothing more than a socially acceptable form of mental illness.

If you would like to learn more about sweating less, take a look at: [Don't Sweat The Small Stuff At Work](#).

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