

The Writings on the Walls

At the Reingold Eye Center we're always on the lookout for interesting quotations. Some are humorous. Some interesting. Some inspiring. We like to post them on the walls in our examining rooms. We call them "The Writings on the Walls". And our patients seem to like reading them. In fact, several times every day someone asks how he or she can get a copy of our quotes. Since they are so popular in the office, we thought they might be popular online, too.

Things We Can Learn from a Dog

- Never pass up the opportunity to go for a joyride.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- When loved ones come home, always run to greet them.
- When it's in your best interest, practice obedience.
- Let others know when they've invaded your territory.
- Take naps and stretch before rising.
- Run, romp and play daily.
- Eat with gusto and enthusiasm. Stop when you've had enough.
- Be loyal.
- Never pretend to be something you're not.
- If what you want lies buried, dig until you find it.
- When someone is having a bad day, be silent, sit close by and nuzzle them gently.
- Thrive on attention and let people touch you.
- Avoid biting when a simple growl will do.
- On warm days, stop to lie on your back on the grass.
- On hot days, drink lots of water and lay under as shady tree.
- When you're happy, dance around and wag your entire body.
- No matter how often you're scolded, don't buy into the guilt thing and pout ... run right back and make friends.
- Delight in the simple joy of a long walk.

28 Secrets to Happiness

- Live beneath your means and within your seams.
- Return everything you borrow.
- Donate Blood.
- Stop blaming other people.
- Admit it when you make a mistake.

- Give all the clothes you haven't worn in the last three years to charity.
- Every day do something nice and try not to get caught.
- Listen more; talk less.
- Every day take a 30 – minute walk in your neighborhood.
- Skip two meals a week and give the money to the homeless.
- Strive for excellence, not perfection.
- Be on time.
- Don't make excuses.
- Don't argue.
- Get organized.
- Be kind to kind people.
- Be even kinder to unkind people.
- Let someone cut ahead of you in line.
- Take time to be alone.
- Reread a favorite book.
- Cultivate good manners.
- Be humble.
- Understand and accept that life isn't always fair.
- Know when to say something.
- Know when to keep your mouth shut.
- Don't criticize anyone for 24 hours.
- Learn from the past, plan for the future, and live in the present.
- Don't sweat the small stuff.

Increasing Coping Mechanism

- Plan ahead. Buy items before you use up the supply on hand.
- Schedule a realistic day. Plan your appointments so you don't have to rush.
- Try to make friends with "nonworries" .
- Don't put up with things that are broken. Fix it or replace it.
- Stop worrying, if something concerns you. Do something about it, if you can, let it go.
- Make promises sparingly, and keep them faithfully.
- If you are faced with an unpleasant task, get it over with early in the day.
- Visit your doctor regularly.
- Get enough sleep.
- Shop in off hours, avoid crowds and rush hour.
- Keep emergency supplies on hand.
- Do physical exercise when ever possible, it has a calming effect and is an instant cure for most stress.
- Accept waiting as a way of life. Plan activities to do while waiting.
- Travel light and keep it simple.

- Do at least one thing you like to do every day.
- Do nothing you would need to lie about later.
- Don't procrastinate, it causes stress.
- Practice preventive maintenance.
- Practice relaxation. (Inhale to count of 8, exhale to 16)
- Use meditation or prayer.