

Teachers of Modern Family Students Tip Sheet



Six Ways To Reduce Tension Without Creating More

Have an unexpressed reason! People in authority don't give reasons behind decisions. No facts = No fights. Prevent hassles that were once normal for you.

Be wrong! We are not all perfect so don't be afraid to admit when you are a little bit wrong. Try saying: -It wasn't my intention to '___', or -Before I might have thought that way, & now I can see it isn't the case.

It Is Not About You! Attention from parents is often the motive of unproductive & acting out students. It is not about teaching, no use getting upset. Ask to help them & if the answer is no –DON'T. Record the information. Phone home.

Match your tension-reducing tool to your lifestyle! If you are: Sporty or active -try running; A couch potato -try using a CD to unwind; Spiritual -pray or meditate; Recovering from illness learn Tai Chi or yoga.

Recover from and prepare for a hectic day! Sleep deeply not more, as impatience & irritability are signs of poor quality sleep. Use Zleep E Z CD to improve clarity & focus. (Pronounced sleep easy www.personalCIedge.com.) You can make time for after-work by accomplishing up to 20% more in a given day.

Think About What You Like In The People Around You. Then when you have something difficult to say, first tell them one quality that you honestly admire. It opens the door to listening & considering what is on your mind.

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**Donnalee Kelly**, CEO CI Corporate Instincts Inc. & co designer of 'Your Personal CI Edge On Life,' a great tool to prepare for & recover from a hectic day at home or work! For article or interview contact [www.personalCIedge.com](http://www.personalCIedge.com). Download free tip sheets.

(Tension)

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