



Enlighten Up! An Educator's Guide to Stress-Free Living

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“If you're having fun, you're not learning.” – *Mathilda*

“_____ made/makes me _____”

“I'd feel better if . . . _____”

“My Elusive Dreams,” written by Curly Putnam and Billy Sherrill, Tree Music Publishing Corporation, Nashville, TN. As recorded by Bobby Vinton.

“Depressive disorders afflict 15% of the American population (primarily women) and have a greater effect on physical and social functioning, body pain and overall health than diabetes, arthritis, and even heart disease. By the year 2020, depression is estimated to be the second-leading cause of disability *in the world.*” – *Dr. Lark's Natural Prescription for Stress and Anxiety*, Susan M. Lark, M.D., p.1.

“Happy” pills: SAME, St. John's Wort. According to *Better Homes and Gardens*, February 2000, in 1999 SAME was the hottest-selling supplement in the United States.

Tea made from the golden-yellow roots of a Siberian plant called *Rhodiola rosea*, now being rolled out by FNC stores nationwide (as Pinnacle brand Rhodax). “Herbal Stress Buster?” *Newsweek* magazine, February 3, 2003, page 63.

Constants and Change concept from *LIFEWork Planning* seminar, Richard Nelson Bolles (author of *What Color is Your Parachute?*).

“Daytimer” graphic reprinted by permission from Kinko's.

“Love, all alike, no season knows, nor clime, nor hours, days, months, which are the rags of time.” – John Donne

Reading-level appropriate, online daily news from www.KidBiz3000.com

4 Quadrant model (Important/Not Important, Urgent/Not Urgent) adapted from *First Things First*, by Stephen R. Covey.

“Office potty” picture from www.allfunnypictures.com

Initial Safekeeping/Creative Selves concept based on material by Synectics Incorporated.

“The Penny Exercise” courtesy of Daniel Porot.

“Any idiot can handle a crisis. It’s day-to-day living that wears you out.” — Anton Chekov.

“Who Has the Most Stress” article, *Ladies Home Journal*, March 2000.

Prudhoe Bay sunrise and sunset photos by Ron Westfall, British Petroleum Alaska.

ROBO BASH video segment taken from 2002 Budweiser Superbowl commercial.

KnowledgeBox™ online resources from Pearson Digital Learning. www.electroniceducation.com

“Preschool children laugh or smile on the average of over ____ times/day, while adults over thirty-five only ____ times per day.” *Dear Dr. Humor: A Collection of Humorous Storeis for All Occasions*, compiled by Dr. Stuart Robertshaw, National Assoc. for the Humor Impaired, page 3.

Slice of bread story from “The Healing of Mind and Soul in the Twenty-Third Psalm, by Charles L. Allen. (Excerpted from his book: *God’s Psychiatry*, Feleming H. Revell Co., 1953.)

Power vs. Force, David R. Hawkins, 1996, Veritas Publishing, Sedona, AZ. Order from publisher by calling: (928) 282-8722.

The HeartMath Solution, Doc Childre and Howard Martin, 2000, HarperSanFrancisco. Institute of HeartMath web site: <<http://heartmath.org>>

“Watching television requires less brain energy than looking at a wall.” *DARE to Be 100*, Walter Bortz II, M.D., page 143.

“TV addiction represents a double negative – hours of inactivity plus ingestion of system-sludging junk food.” Bortz, page 217.

“A large Snickers bar has as much fat (200 calories) as 50 apples or 120 potatoes.” Bortz, page 99.

“You are too old *not* to exercise.” Bortz, page 204.

In a Heartbeat, music by Lou Fournier. Copyright 2001 Louphonia Music, all rights reserved. CD available at presentation, or order by email from <louphonia@earthlink.net>.

Called Pando (Latin for “I spread”), the aspen grove in Utah south of the Wasatch Mountains is the single largest living organism on the planet. It stretches 227 acres and contains thousands of trees. Scientist Dr. Michael Grant at the University of Colorado at Boulder and his team discovered it by conducting genetic tests on tissue samples from all of the trees. – “The Most Massive Living Thing,” www.extremescience.com/aspengrove.htm, 3/13/02.

Enlighten Up: An Educator’s Guide to Stress-Free Living, by Lynell Burmark and Lou Fournier, from the Association for Supervision and Curriculum Development (ASCD), April 2003.