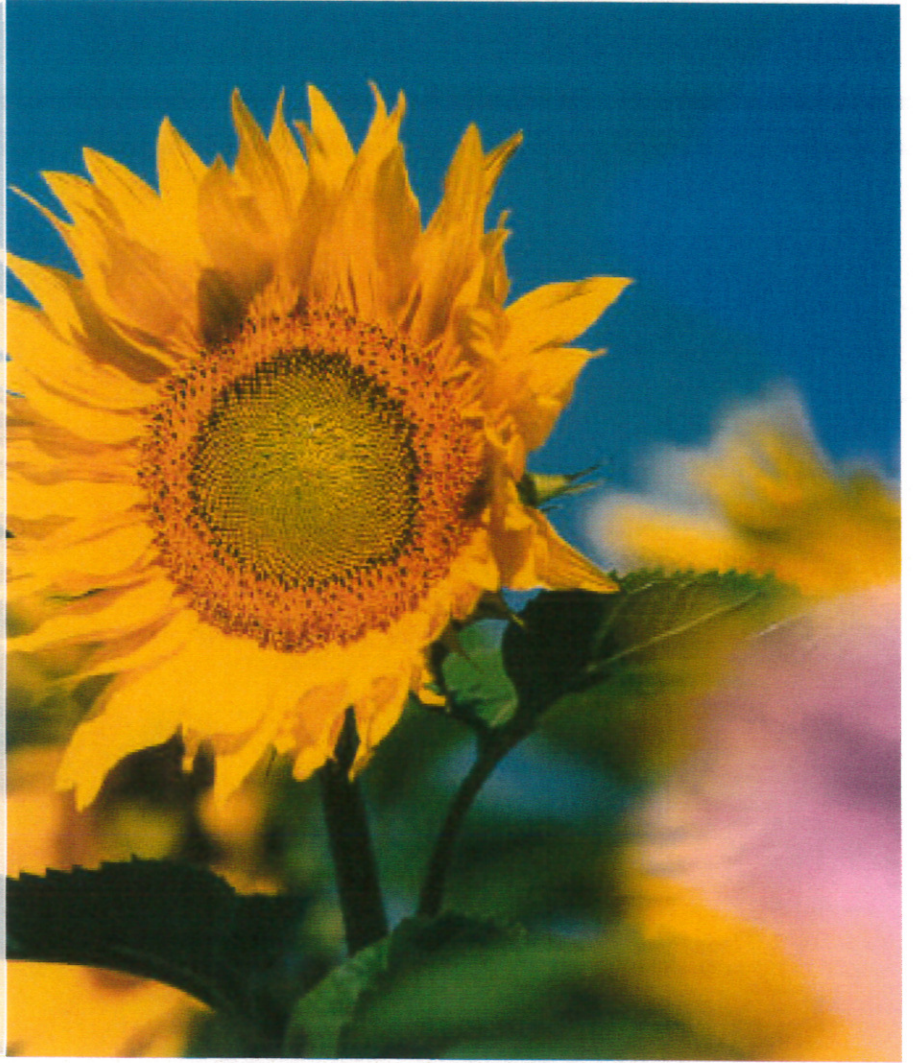


Multi-Genre Collection

Haley Campbell

2016



Don't Sweat the Small Stuff

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English 621  
January 12, 2016

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Dear Reader,

Picking a topic for this collection was a difficult task. I wanted to be sure it was easy and I would have enough to write about. I chose the topic don't sweat the small stuff. I felt I had an adequate understanding of this topic and therefore could easily write about it. People always overreact, you would be lying if you said you never have before. Another reason I chose this topic was because I wanted to learn how to let the little things go.

Before reading this collection I want you to remember a time when you overreacted. Remember all the times when you got furious over the little things. Now remember how that one moment changed your day, it put you in a bad mood, things would just have snowballed from there. If you hadn't have overreacted about that one little thing your day could have been totally different. Things may not always go the way you want them to, but don't let it keep you from enjoying the things that make you happy. Hopefully reading this will help you learn to let the little things go.

*“Rather than diluting the positive feelings by telling others about your own kindness, by keeping it to yourself you get to retain all the positive feelings.” - Richard Carlson*

## Don't Sweat The Small Stuff

When <sup>we</sup> us, as human beings get upset or worked up over things that are not really a big deal. We focus on little problems and then blow them way out of proportion. When problems such as being cut off in traffic, or having to wait in long lines happen, we feel that our anger is justified. While we are busy sweating the small stuff, we forget what matters in life. If we can not get worked up over the little things we can have a happier and kinder life. I have come up with a top ten list to help you learn to not sweat the small stuff.

1. *Think of What You Have Instead of What You Want*
2. *Count to Ten and Breathe*
3. *Make Peace with Imperfection*
4. *Look Beyond Behaviour*
5. *Breathe Before You Speak*
6. *Stop Blaming Others*
7. *Be Happy Where You Are*
8. *Do One Thing At A Time*
9. *Fill Your Life With Love*
10. *Live Each Day As If It Was Your Last*

*“One of the cardinal rules of joyful living is that judging others takes a great deal of energy and, without exception, pulls you away from where you want to be.”*

*- Richard Carlson*

Dear Diary,

Today was a rough day. It all started off when I was trying to do my makeup this morning. In the middle of doing my mascara I sneezed and got it all over my face, needless to say it didn't come off too well. I thought that would be the last of my bad luck for the day but boy was I wrong. Just before leaving the house, I brushed my teeth like I always do. Today I must not have been paying attention to what I was doing because I ended up with toothpaste all over my face and on my clean shirt. Now if it had been a light colour shirt I would have tried to clean it out. The shirt was black and I knew it wasn't going to come out so I had to change. After that I had hoped that was the end of my bad luck for the day, but I was wrong. On the way to school I got stuck behind a bus. Usually after a pickup the bus will off to the side of the road and let cars pass. Well this bus didn't do that. I was stuck behind it all the way to Morell, stopping every two kilometers to pick up a kid. There were also no opportunities to safely pass the bus either, needless to say it was a long drive to Morell.

After arriving to school my day was going pretty well, I was going to try and forget about my morning. English class went by without a hitch, peer helping was good, then it was lunch. For lunch I had taken a salad, caesar salad to be exact. I mixed in my dressing, croutons and vegetables and started eating! I was halfway through my salad and when I was going to take another bite and the lettuce fell off my fork and into my shirt, there was now salad dressing on my shirt. Again that was me being clumsy, I thought I was done with that for the day.

Biology and math class made for a long afternoon but I survived. Finally I was able to go home and the school day was over. Luckily that was the end of my clumsiness, my evening was pretty good. Sitting here writing this I now realized that I overreacted about my "problems" I was so focused on what went wrong that day that I missed seeing the good. I now make a conscious effort about what I let bother me.

*"Irrespective of what happened yesterday or last year, and what may or may not happen tomorrow, the present moment is where you are—always!" - Richard Carlson*

*P*

*You Are*

*Having A*

*Bad Day*

"True happiness comes not when we get rid of all of our problems, but when we change our relationship to them, when we see our problems as a potential source of awakening, opportunities to practice, and to learn." - Richard Carlson

Keep your head up and don't sweat the small stuff, have a good day.

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# The Changing Times

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St. Peters Bay, Prince Edward Island — Monday, March 18, 2016

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## Haley's Helpful Hints

This section of the paper is dedicated to Haley Campbell who responds to questions that readers have sent in. To get your question answered and in the paper, write your letter and mail it to 234 Fifth Avenue. If you want to email please send your questions to [haleyshepfulhints@advive.com](mailto:haleyshepfulhints@advive.com)



Haley Campbell: Author

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Dear Haley,

Recently I find that I have been having to fake my happiness. I'm having a hard time trying to see the good in everyone and everything. People have tried to cheer me up and it never seems to work. Faking a smile is really getting exhausting, do you know of anything I can do to lose the negativity?

Thank You,  
Fiona Wallace

Dear Fiona,

I understand how you feel it can get exhausting always faking that smile. I want you to stop forcing yourself happy to act happy, because now you are just overthinking it. Every morning when you wake up think of something you are thankful for. Throughout the day don't let the little things get to you, let them go. Be grateful for the little things in life, you will start to appreciate them more. Hope there are happy days in your future,

Haley

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Dear Haley,

I've been reading Haley's Helpful Hints since you began writing and you always seem to know just what to say. I have a friend who is always being negative. I've tried to do little things to help them see the good in everyday but nothing seems to be working. Help me help them live a happy life.

Thank You,  
Anonymous

Dear Anonymous,

You seem like a very nice friend, but don't let your happiness depend on their happiness. You are doing all the right things but don't try to force it, it may make them feel even worse. They may just be going through a difficult time and need to figure out what's wrong on their own. Let them know that you are there for them and if they need to talk, you're willing to listen.

It will all work out,

Haley

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## Quotes Of The Week

"When you let go of your expectations, when you accept life as it is, you're free. To hold on is to be serious and uptight. To let go is to lighten up."  
- Richard Carlson

"Life is a process--just one thing after another. When you lose it, just start again."  
- Richard Carlson

"Life didn't come with a fool-proof manual."  
-Richard Carlson

Dear Friend,

I know it has been awhile since we have talked but I just want you to know that I'm over it. I've let it go, the past is in the past and I want to look to the future. This argument has put our friendship on hold and I want to continue forward with it. We said some things that I know we both regret, I'm sorry, I didn't mean it.

I know that I overreacted, things didn't need to go down that way, I thought something needed to be said. This could have been handled better on both parts but I'm sorry. I thought I was doing good for myself, I wanted to settle things for our last year together. I wanted to talk face to face because texting didn't cut it, but you wouldn't let me. You took my words the wrong way and didn't let me explain them. You got angry with me without hearing what I actually had to say.

You took my friends and convinced them to be on your side, I was standing alone. When they spoke their minds you were rude to them, there was no reason for that, it only pushed you and I farther apart. You did things to anger me and it worked. Then you acted as if nothing happened. You made me feel bad about myself because I couldn't move on. You talked to me like we weren't angry with each other and I didn't understand, was it a joke?

After thinking it through I realized I should move on. I'm not saying that I'm going to forget about it, but I'm over it. There is no need for me to walk around with this hanging over my head when it doesn't affect you anymore. I've made my peace and I hope you have to. I hope we can move forward.

Hope to hear from you soon,

Haley Campbell

*"Change the things that can be changed, accept those that cannot, and have the wisdom to know the difference." - Richard Carlson*



## Effects of Stress on Your Body

There has been a point in everyone's life where they are stressed, it may be over something big or something small. Prolonged stress can have some negative impact on your body. Stress can affect your emotional, physical and behavioural aspects of life.

Being stressed can cause your immune system to weaken. This increases your chances of becoming sick or worsening symptoms if you are already sick. In extreme cases stress can lead to gastrointestinal, skin, neurologic and emotional disorders. Studies have shown that stress also leads to high blood pressure. High blood pressure over long periods of time will off set hormones and cause your body to react differently.

People who are stressed may feel Irritable, hostile, frustrated and angry. They may constantly be worrying, have racing thoughts or have an inability to focus. If you are not able to handle your stress, it may result in anxiety or a sense of depression. Hopelessness is a common reaction to stress, but these symptoms can all be temporary. All you have to do is manage your stress.

There are many unhealthy ways to deal with stress such as smoking, drinking or using drugs and pills to relax. There are also many healthy ways to deal with stress such as, put on some music and dance around, or talk your dog for a walk. Physical exercise has proven to be one of the best ways to relieve stress whether it be a fifteen minute walk or a full blown workout. Instead of having to manage stress, you can try to avoid it from the beginning. Some Ways to avoid it completely is to learn to say no and avoid people who stress you out.

*"I am certain that a quiet mind is the foundation of inner peace. And inner peace translates into outer peace." - Richard Carlson*

## Reflection

This project has been a challenging one, by the end of it I find I am running out of things to say. I think my strength was my understanding of the topic. After reading the book *Don't Sweat the Small Stuff and It's All Small Stuff* by Richard Carlson, I understood what he meant. Its also something that I think most people can relate to, I know I can. I think that my best piece of writing is my Dear Friend. It is fiction but it is partially true, right now I am going through a difficult time with someone I considered my friend. I put real thoughts and emotion into that piece and think it's my strongest one.

This project taught me that i really need to work on not sweating the small things. I tend to get worked up if things don't go the way I planned. One new thing I tried in this project was using a template to create an advice column. I am not that technologically advanced nor am I very good at giving advice but I think it turned out alright. I had a few problems with the template lining up but it wasn't anything my mother couldn't help me with.

If I had to do this project again I would pick a different topic. Basing this project off a book I thought it would be easy, but near the end you run out of things to say. It was also difficult to write informative pieces as the book was informational, therefore I wasn't sure what I should write. I now have a lot more respect for writers, it would take a lot of work to carry one theme throughout a whole book and keeping it interesting. I get bored reading my own work and it is only six pieces of writing.

The best genre for me to explore was the letters, the dear diary and dear friend were fun to write. They were refreshing to write because I felt it wasn't really work but just writing my thoughts and feelings. The most difficult genre was the informational, I have a hard time putting information together and making it sound good. If I had more time to work on this project I would have picked more interesting pieces to write for the informational genre.

*"Even though we often mess up, most of us are doing the best that we know how with the circumstances that surround us."- Richard Carlson*

## Citation

Bressert, Steve. "Impact Of Stress." *Psych Central*. 21 Mar. 2014. Web. 13 Jan. 2016.

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