

"Dear Chairman Mao Meow NOW..."



I'm overwhelmed. Work. Life. Politics. Eat this. Work out. Meditate. Shop here. Click here. Watch this. Try this. Buy this. Like us. Hate them. Wear this. Say this. Feel this. And this is just before I get to my job in the morning. Then I have to put in a full day of work with people I don't like at a job I hate. Is it any wonder I'm exhausted at night and don't like waking up in the morning?

- Will It Ever End?

Dear End Questioner,

Yes. For you. Hopefully not for the whole universe. Although, to be honest, what the hell do I care about the universe after I'm gone?

Here's the deal, End—We're born on to this planet. We have so many days before us. How many? We don't know. Seems like there should be some kind of guarantee like there is on a refrigerator. Will we have some kind of life-altering experience, like blindness or a car accident that changes everything that we've worked and planned for each day up until that moment? Again, we don't know. So all we can do is chug along, one day at a time, try and do no harm, do some good, and have some fun.

Here are some *thoughts* to help get you through the day. Remember:

- **There are a lot of people worse off than you.** Millions of people go to bed hungry and wake up in fear, not knowing what horrors the people who are supposed to protect them (those they know or their government) will do.

- **There are a lot of people better off than you.** Just watch *Entertainment Tonight*. All of the people showcased there are living the beautiful life of fame, money, success, and accolades. At least that's what the famous people's PR staff wants you to believe.. What we don't hear about, but what keep therapists of the famous well-employed, are the famous people's fears, self-doubts, and challenges with family, friends, co-workers. Just like us!

- **Whatever kind of day you're having it's not the worst one you'll ever have** (assuming that you don't want to leave this life). **Nor is it the best.** Probably. Hopefully. Because if it is the very best day in your life,

it's all down hill from here. The best we can hope for is to accept each day for what it is—good and bad—and be grateful for the opportunity to learn and grow as the result of it, no matter what happens during it.

Here are some *things* to help get you through the day.

- **Wear your favorite T-shirt.** It'll bring a smile to your face and a hug to your soul. Who cares if it features a celebrity in a pose from a cheesy poster she did in 1976? It makes you happy. Wear it.

- **Be kind to yourself.** Pretend you're trying to cheer up a close friend (you are). What would you do for your friend? Okay, a surprise party is out of the question, but you can make your friend (you) hot chocolate. Or take your friend (you) to a movie featuring their favorite actor. Be creative. Have fun with your friend (you).

- **Get outside. Get active.** I know if you're tired and frustrated, the last thing you think you want to do is some form of exercise. But trust me, you'll feel better after it (and during). Or at least you'll be glad when it's over.

- **Do something for someone else.** Just like exercise is the last thing we want to do when we're feeling upset or depressed, extending ourself on behalf of another seems like the last thing we want to do when what we really (think we want) is for people to do nice things for us. But guess what, End? Doing something for others will remind you how fortunate you are to be *able* to help. And who knows, maybe you'll take a picture of the experience and put it on a T-shirt for the next time you're feeling down.

- **MEOW MEOW FOR NOW!**

