



# UPSET IS OPTIONAL

*Say Goodbye to Unnecessary Suffering*  
*-by Karen Howard*

## PART 1 - It's not that complicated. My body is just smarter than my mind

Upset is Optional, Suffering is not....Breathe Deeply, because anything worth doing is worth doing well...Words are like drugs. Some are healing, others inflict pain...Five symptoms that point to illness and pain.

## PART 2 – If “all the world’s a stage,” how can we use language to live the best life possible?

There is story and there is phenomena. Know the difference and save a relationship....Humans are 60% water. The rest is story. Like water, we can't live without it. We can, however, reframe it....Making a request versus a demand.

## PART 3 – Do not abdicate your power in the time you have on Earth. Engineer your day to effectively use the gifts you've been given.

Listening is not a passive exercise...Hate having a bad day? Design each day by defining your mood....Acknowledgment.

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