

LESSON IN LIVING

DON'T GIVE UP

Elma Allen Milano

*"Shipmates, stand together, don't give up the ship;
Fair or stormy weather, we won't give up, we won't give up the ship.*

*"Friends and pals forever, it's a long, long trip;
If you have to take a lickin,' carry on & quit your kickin,'
Don't give up the ship!"*

(Words: Al Dublin. Music: Harry Warren. Copyright: 1935 Warner Bros Music Inc.)

One of the means I have of remaining focused and in a positive frame of mind is to sing. I sing even though my voice is very lacking. Songs such as the one shown above boost my spirits. Often, I insert my name in appropriate places. This cheers me up. Actually, all ages and stages of life have their negative periods. No matter how old or young we may be, it is imperative that we not allow these temporary feelings to progress into genuine depression. When this happens, it may even require medical help to maintain an even keel. Instead, let us first work with the fifteen tips below to uplift our lives.

Tips for not Giving Up

1. Smile continuously; look in the mirror to see the improvement.
2. Look for good and pay sincere compliments.
3. Get outside; take a walk; smell the breeze; enjoy nature.
4. Avoid stimulants which leave us with letdowns.
5. Simplify and purify our lives.
6. Count our blessings.
7. Avoid negative talk, situations, and even complaining people.
8. Be sure to get enough sleep; arise and retire early.
9. Drink 8-10 glasses of pure water daily (count them).
10. Consume plenty of fresh produce and whole grains.
11. Maintain healthy regularity and order in all phases of our lives.
12. Keep actively engaged in worthwhile pursuits.
13. Use music to create a happy atmosphere.
14. Lift the lives of others; spread joy around.
15. Patiently wait: 'til the sun shines/'til we feel better/'til things improve.

This was written in 2004 when Elma was 84-years-old. Lessons in Living are gleaned from her experiences at Milano Music Center, National Speakers Assn., Mesa City Council, and as a wife and mother. The entire series may be found on elma@lintonmilano.com.