

Ten Golden Points for Mental and Emotional Health

Attached to this list was a note in Duncan's hand: "These are from a speech I have given at several wards. So many have asked for them that I had a student prepare these sheets. You may like it. HDW"

1. *Always remember that all circumstances are transient; your worries, your problems; your apprehensions and adversities are essential but of passing significance. Find solace in the truth of following bit of philosophy, "And this too shall pass away."*
2. *Never permit yourself to stew and fret about things and situations that are none of your affair or over which you have no control and about which you cannot do anything anyway.*
3. *Avoid the tendency to allow yourself to fall into a dither of frenzied hurry and anxiety because of the cumulation of responsibilities. Your proficiency diminishes at the same ratio that you lend yourself to excited haste and frustration.*
4. *Avoid the common tendency of fighting sham battles. So many people exhaust themselves in the battles of imagination. So many people indulge in the neuroticism of "over readiness."*
5. *Do not live in retrospect, nor in premonition, nor in the regret of what might have been. No human was ever born who did not make mistakes.*
6. *Never lend yourself to hate, envy or hyper criticism. They represent the "dry rot" of personal happiness.*
7. *Constantly be aware of the fact that agnosticism, cynicism, fatalism and pessimism are the malignancies of the mind.*
8. *Shun the conventionalism of the New England concept of "old age." Retain the spirit of romance and adventure. Live courageously and always meet the challenge of new things and quests.*
9. *Always retain your faith in people. Do not look for perfection in them but rather for individual grains of virtue and capacity. Regardless of what people may or may not do to you, the potential of their goodness ordinarily far surpasses their mistakes.*
10. *Recognize that your problems are fundamentally the same as everyone else's, no matter what your particular job may be. Do not criticize your part in the play—study it, understand it, and then play it, sick or well, rich or poor, with faith, with courage and with proper grace.*

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