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How Will You Live Your Dash?

Taking stock of your personal and professional life

How will you live your dash? My previous boss would often talk about this in our various meetings. He would bring it up in conversations and in passing in the hallways; it was always the same question, how are you living your 'dash?'

On our headstones is the year we were born and the year we depart. In between the two, there is a dash. This dash represents what we did with our lives in between our birth and our death. Have you ever given this question serious thought? I can honestly say that after I did, it changed my attitude and quite frankly, my life.

I have learned over the years that we have a short time on Earth, and I know that we all have a divine purpose for being here which is why there is no time to waste on the trivialities of life. Instead, I focus my attention, energy and resources to serving a cause larger than myself.

With so many competing events in our lives, taking the time to find out what truly matters is a necessity. All too often the pressures of everyday life take a stronghold over us, causing so many of us to crumble under the stress. Our lives were never intended to be that way! We are told that we could have life and have it more abundantly, and I believe that! I am convinced that previous historic events did not unfold the way they did by happenstance for us to not live enjoyable and productive lives.

Take stock of your personal and professional lives. Are you truly living your dash to the fullest – or do you

simply “exist” through life? Is your career fulfilling? The late Steve Jobs told us the only way to be truly satisfied is to do what you believe is great work. The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know it when you find it.

One of the best ways we can live our dash is with family and friends. Someone once told me that having



pictures shows that we lived, so I say click away, and remind others to do the same.

Just the other day I read a quote by Thomas Jefferson. He said “the happiest moments of my life have been the few which I have passed at home in the bosom of my family.” Can you say the same at this moment in your life?

Live your dash to the fullest and with no regrets! Love yourself enough to take the time you need to accomplish what is important to you. Whatever you do from this point forward, remember to always live your dash!

Tracey Anbiya

Tips for Managing Stress

Stressors are always present in the real world, which suggests you should learn techniques to manage stress to remain an effective and productive member of society.

Here are a few ideas:

- Acknowledge you are stressed out
- Change your behavior (for example: exercise regularly, maintain a healthy diet and get quality sleep)
- Communicate with others
- Practice the 10 Commandments for Reducing Stress, courtesy of Hilary Langford:

1. Thou shalt not be perfect or even try to be
2. Thou shalt not try to be all things to all people
3. Thou shalt leave things undone that ought to be done
4. Thou shalt not spread thyself too thin
5. Thou shalt learn to say 'no'
6. Thou shalt schedule time for thyself and supportive network
7. Thou shalt switch off and do nothing regularly
8. Thou shalt be boring, inelegant, untidy and unattractive at times
9. Thou shalt not feel guilty
10. Thou shalt not be thine own worst enemy, but be thy best friend

Have a wonderful day – every day!