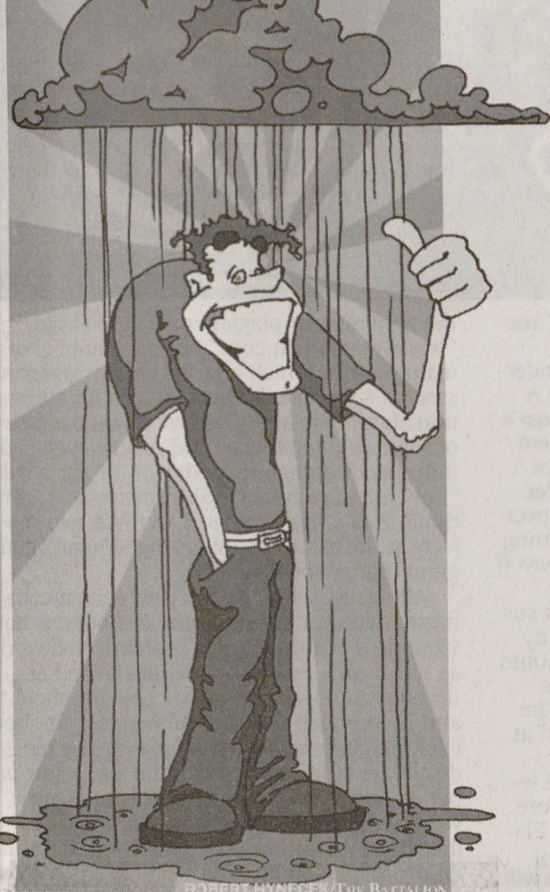


HOW TO DO STUFF BETTER

Part 2 of 5



Today's Lesson: Don't worry, etc.

Are the trials of life getting you down? Let us help you out.

BY JEFF WOLFSHOHL
The Battalion

So the relationship you thought would work out is turning out to be barren. So the class you thought was going to be a cakewalk is actually the most time-consuming. Life is not producing the expected seeds of splendor.

But there are still ways to be happy. Do not throw out all the cards until you give some serious consideration to other options, or at least until you finish reading this.

The problem is established — a genuine happy pill (whatever it might be) would not hurt anyone.

☀️ Play your favorite CD

Music can take your hand and lead you through trying times. It can certainly take you places you hope, want and feel you need to reach.

Karen Cole, a sophomore business administration major, said she enjoys "Pink," by Aerosmith, as her spirited song.

"I sing really loud and dance in my room and sometimes all over the house," she said. "It especially works during finals."

Cole said she likes the song because of its catchy rhythm and her ability to have fun with the words.

"I don't know what the song is about," she said. "I just like to sing it, and it makes me feel good."

Shannon Balfour, a sophomore marketing major, said she has taken a liking to the Dave Matthews Band, especially the song "Crash."

"It is real emotional, and it puts me in a good mood, because his songs are deep and have meaning," she said.

The ultimate sign of a blissful state is when the outside world has little or no importance.

"In my car, I sing as loud as I can with the windows rolled down," Balfour said. "If people look at me I don't care, because I'm comfortable with myself, and I like [the song] so much that their thoughts don't matter."

Dan Grum, a graduate student in genetics, said Megadeth's "Holy Wars" is his guidance song.

"It provides an in-depth philosophy on religion, society and warfare," he said. "It is kind of an internal energy burst."

☀️ Do you feel pretty?

The way you dress yourself can be a good indicator of the day's outlook. If you decide to wear a cocktail dress (like Julia Roberts in *Pretty Woman*) to class, then you are pushing the "being noticed" factor, while the old A&M sweatshirt and the once-black, now-gray wind pants might suggest an apathetic demeanor.

Balfour said dressing up helps her get noticed and have a more successful day.

"I wear nice slacks or a skirt that makes me feel more positive about myself," she said. "It makes you feel more sophisticated, and people are more likely to respect you."

If it were not for "special days," like test days, we might all be subject to the constant pajama party that goes on throughout the day.

Cole said she leaves her sweats and T-shirts at home on test days and finds a different way to dress.

"It makes me feel like I know what I'm about to do," she said. "I take a little longer to get ready in the morning. It gives more time to calm down and focus [on the day]."

Eric Delcarson, a sophomore speech communication major, said she avoids wearing sloppy clothes when she tries to brighten her day.

"I put my plaid pajama pants away and break out my cargo pants and thrift-town shirt," he said. "I feel confident in who I am, and therefore I have the motivation that stays with me throughout the day."

☀️ Drink Coffee!

Love it, live it, bathe in it! Coffee is here for all to enjoy, and there is no reason to pass up the ethereal aroma emitted from a cylindrical cup of joy.

Those addicted to caffeine will attest to its effect. Those who have always refused the dark enjoyment should end their refusal and savor the taste.

Cole said coffee always makes her happy.

"I call it my 'happy juice,' because there is just something great about a hot cup of coffee," she said.

Balfour is more specific in her choice of coffee.

"I prefer a Frappuccino, usually three times a week, because it tastes good, and it [revitalizes] me," she said.

Delcarson said she associates jubilant vibes with coffee.

"I've actually conditioned drinking any type of coffee to being around good friends and laughing," he said.

John Holt, assistant manager at The Coffee Beanery in College Station, said drinking coffee is just something people do, without seriously altering their agendas.

"It is an excuse to talk," he said. "It also is cheap compared to dinner, and you can spend as much time as needed to be sociable."

For those curious about the dark enjoyment, Holt said there are many types of coffees for the different tastes people might fancy.

"You don't have to drink just basic coffee," Holt said. "Coffee now has so many options and variations. This is good for those people who don't like it."

☀️ Focus on THAT friend

When a true friend is found, one who complements you in every way possible, take a bigger, more emphatic note NOW. This friend is a confidant, someone to hold onto.

Cole said she greatly appreciated her roommate from last year.

"We could do the most random stuff and still have fun," she said. "We took leftover clay and baked it in the oven, and we would make ugly crafts to decorate our room with."

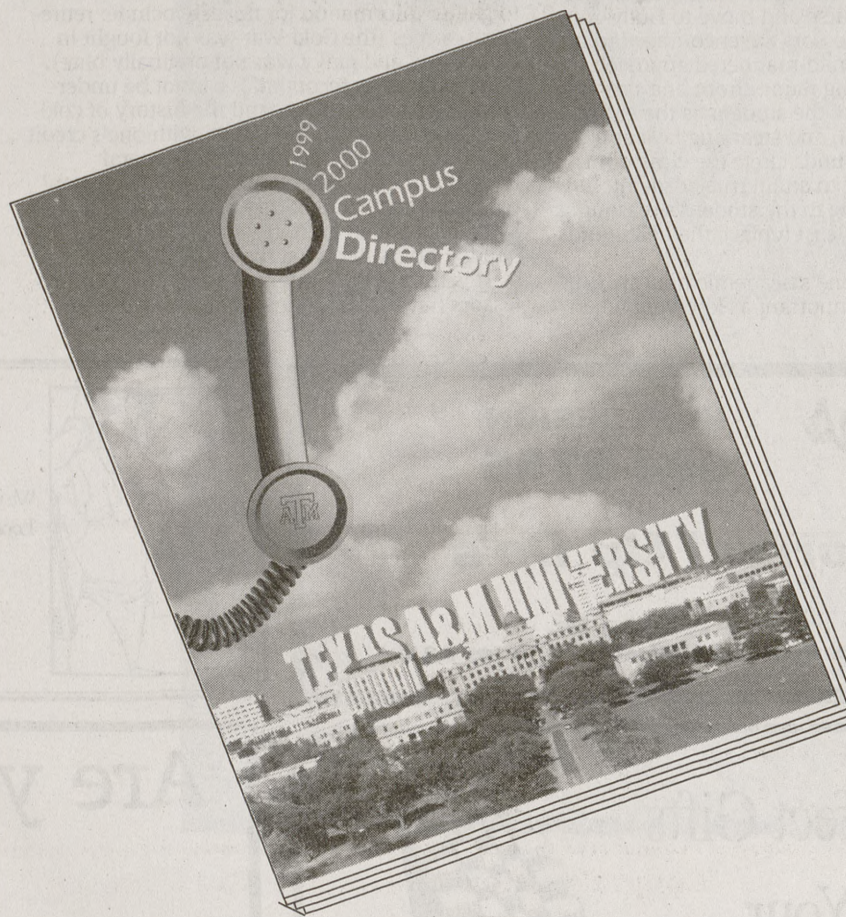
Cole said her roommate helped form a theory about good friends.

"It brings you back to earth, telling you that people are the most important thing, and it's relationships like this that matter," she said.

Dr. Andrew Smith, associate director of counseling at the Student Counseling Service, said friends are people you expect to feel good around.

"Sometimes all you have to do is remind yourself that you have a certain friend," he said, "because then you can anticipate feeling good in the future when you are around that person."

It doesn't take much to be happy; sometimes the most enjoyment comes from the simplest things in life. But no matter what happens, always remember it could be worse.



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