## **Labor Day**

Man was meant to be busy, Meant to work, not take it easy. Good hard physical work has its place, It may bring some sweat to your face.

After your work it's easier to get relaxation,
Sit back take pride with gratification
When you can see what your efforts have done,
It should give satisfaction.

Mind must be exercised not to stop, An idol mind is the devils workshop. With labor also get reimbursement, To pay bills such as food, tax, insurance & rent

All work and no play, Makes you a dull person Too much work can kill you, But too little also can too.

Some may study to get education, To get qualified for profession.

Work itself is therapeutic, Keeps us busy and in good spirits. If we have a job we love, Consider It a gift from above.

Sorry to say people who have a job they like,

Small minority in our state.

Too much work can make you a dull person,

Too little work can cause problems of a different version.

Besides work, you must have pleasure too,

Or end up with a bad case of the blues. Everything (work & play) in moderation Need to balance the equation.

When your work is finished, Admire your work that's completed. Now collect your salary, A very necessary commodity.

Yes we were meant to be active, Not hang around all day, all doped up. Active body, active mind, Should be healthy for us and kind.

Submitted by, Mark Rockefeller [a client at Chestelm Adult Daycare Services, Moodus, CT]



