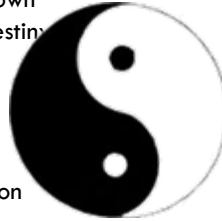


## La Dolce Vita

By Evelina Kvartunaite

It's so common to hear that all of us are the masters of our own lives and we live the lives we choose to. In other words – destiny is what we make of it. Yet is that a fact or is it just something we ought to believe? I got to thinking of a life without stress, worries and fears. Is that a utopia or is stress perhaps a fuel that we are all on just because we don't know how to function without it? How difficult is it just to enjoy our lives?



But first of all, let's find out what stress is. Stress is the body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength, which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing if their stress is in response to something emotional and there is no outlet for this extra energy and strength. This class will discuss different causes of stress, how stress affects you, the difference between 'good' or 'positive' stress and 'bad' or 'negative' stress, and some common facts about how stress affects us today.

There are many, many reasons for stress and for now I would just like to try to look into a possibility – a life which is only filled with enjoyment. Is that possible?

I read once about a Buddhist philosophy that if a human being had to face an eternal nirvana, they couldn't handle only positive experiences as we are all made to be bouncing between different poles. Yet again, aren't all the things we go through a bit too much? Is everything as urgent as our stress would imply? I like a Spanish proverb which says: "How beautiful it is to do nothing, and then to rest afterwards." Would any of us be able to only do nothing, though?

"Tension is who you think you should be. Relaxation is who you are." (Chinese proverb) Isn't that a good idea? Just remembering the little things, the things that really matter? We live in a world where everything is calculated and must be paid for, but do we really get everything we bargain for? We have wide roads but do we have a wider mind? We have more comfort but less time, better medical care but not much better health in the end...

We wake up too late, smoke too much, smile too little, watch too much TV, read too few books, speak too much, love too little... We went to space but do we know our inner worlds? We learned how to survive yet did we learn how to live? We learned how to hurry up but do we know how to wait? *There are 525600 minutes in a year... how do we really spend them all?*



# Jan.

don't miss!!!  
By Evelina Kvartunaite

**January 11<sup>th</sup> at 18.00**

Stammtisch at  
Café Cuckoo's Nest  
(Vestergade 73 5000 Odense C)  
The usual place and time for the stammtisch was changed this year, in order to offer the possibility to have dinner there and enjoy more time together  
Afterwards

**January 13<sup>th</sup> at 14.00**

Spanish Circle and friends of the Spanish Language  
Friskolecity Odense  
Buchwaldsgade 46. Odense C

**January 24<sup>th</sup>, Thursday**

International Club event  
You are invited to enjoy the concert of "erhu", a Chinese violin. It is one of China's national musical instrument and is probably more than a thousand years old which is much older than European violin. The concert will be given by the Chinese violin player, MA in music, Jimyu Ling. She will combine music with stories of her childhood in China, during the Cultural Revolution. (The time and place are to be confirmed)



## Contact us

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