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by Keith RobinsonIf you're reading this chances are you've got some interest in making your life less stressed. I know it's a big deal for me. I'm a naturally stressed-out person and I'm trying more and more to keep my stress-level low. Lately it's been pretty high, and while I know it'll pass, I'm really trying to spend more time relaxing. It's not as easy as you might think.In this first installment of a two-part series on stress reduction I'll discuss some ways you can set yourself up to be less stressed.Find the right jobHaving a job you love and one that can support a good work/life balance is a great way to start down to the road to a less stressful life.When it comes to work/life balance, some jobs are better than others. Over at Jugglezine they...Read moreA job where you can simply work less is always good too. If nothing else you need to be able to take a break every once in awhile.Get to work!I know! I just told you to take a break from work. Well, working hard has its benefits too. Think about it. How often do you get to work — really work? We spend so much of our work days doing everything but working. Dealing with office politics, digging through e-mail and RSS, having meetings and all the rest. For me anyway once of the best ways to keep the stress level low is to get things done and get head down and do some work.I feel my best when I'm writing, or designing or coding. Well, either when I'm doing that or just after I've finished a productive four hour stint (I work in three or four hour blocks usually). It's also got the added benefits of keeping the to-do list manageable.Set boundariesYou've got to know when to say no and when to quit. It seems like every day someone is asking for something new, but you've got to realize that for every new job, new task, new bit of information you've decided to bring on you've got to either take away from something else or find more energy somewhere inside to deal with it. Good work isn't all about getting things done and doing lots of work, it's about doing it right also.I'm not a perfectionist (perfect is the enemy of the good), but I do expect quite a bit out of myself and those around me. It's sometimes awfully easy to see when someone has too much on their plate as their work suffers and they're always stressed out. Seeing that in yourself is the trick. Give yourself a long inward look and ask yourself if you might need to reduce your workload. Also, it's a good idea to do this before you agree to take something new on.Stay fit. Exercise.A healthy lifestyle can do a whole lot toward relieving stress. I know I feel my best and my least stressed after a very draining soccer or kickball game. Join a club, go out for a run or make time on your Sunday afternoon to kick a ball around with friends. It can help in so many ways.It's important to find activities that work for you. I'm not sure competitive sports is for everyone, for example. The idea is to do something that gets you active, even if it's just going for a walk every day at lunch.Get clean and organizedOne of the reasons people are so interested in David Allen's Getting Things Done and other, similar productivity programs is their promise to keep you less stressed. One of the ways these systems help you do that is by helping you keep organized. A tidy desk, clean home and organized computer can do wonders for keeping your mind of things that cause stress.by Keith RobinsonRead moreTake time off from work.Make sure you're using your vacation days and getting away from the office and its stress on a regular basis. Don't work through the weekend. In fact, you might try and take Fridays off!Lifehacker pal and all-around productive guy Ryan Carson has a great idea for being more productive Read moreAs always if anyone reading this has any more tips they'd like to add, that'd be very welcome in the comments or at tips at lifehacker.com. Next up: de-stressing through relaxation.D. Keith Robinson is an associate editor of Lifehacker. His special feature Getting To Done appears every Monday on Lifehacker. Cinco de Mayo is a Mexican holiday which celebrates the victory over French forces on May 5, 1862, at the Battle of Puebla. It is often mistakenly thought to be Mexico's Independence Day, which is actually September 16. More of an emotional victory than a military one, to Mexicans the Battle of Puebla represents Mexican resolve and bravery in the face of an overwhelming foe. The Battle of Puebla was not an isolated incident: there is a long and complicated history that led up to it. In 1857, the "Reform War" broke out in Mexico. It was a civil war and it pitted Liberals (who believed in separation of church and state and freedom of religion) against the Conservatives (who favored a tight bond between the Roman Catholic Church and the Mexican State). This brutal, bloody war left the nation in shambles and bankrupt. When the war was over in 1861, Mexican President Benito Juarez suspended all payment of foreign debt: Mexico simply did not have any money. This angered Great Britain, Spain, and France, countries which were owed a great deal of money. The three nations agreed to work together to force Mexico to pay. The United States, which had considered Latin America its "backyard" since the Monroe Doctrine (1823), was going through a Civil War of its own and in no position to do anything about European intervention in Mexico. In December 1861 armed forces of the three nations arrived off the coast of Veracruz and landed a month later, in January 1862. Desperate last-minute diplomatic efforts by the Juarez administration persuaded Britain and Spain that a war that would further devastate the Mexican economy was in no one's interest, and Spanish and British forces left with a promise of future payment. France, however, was unconvinced and French forces remained on Mexican soil. French forces captured the city of Campeche on February 27 and reinforcements from France arrived soon after. By early March, France's modern military machine had an efficient army in place, poised to capture Mexico City. Under the command of the Count of Lorencez, a veteran of the Crimean War, the French Army set out for Mexico City. When they reached Orizaba, they held up for a while, as many of their troops had become ill. Meanwhile, an army of Mexican regulars under the command of 33-year-old Ignacio Zaragoza marched to meet him. The Mexican Army was about 4,500 men strong: the French numbered approximately 6,000 and were much better armed and equipped than the Mexicans. The Mexicans occupied the city of Puebla and its two forts, Loreto and Guadalupe. On the morning of May 5, Lorencez moved to attack. He believed that Puebla would fall easily: his incorrect information suggested that the garrison was much smaller than it really was and that the people of Puebla would surrender easily rather than risk much damage to their city. He decided on a direct assault, ordering his men to concentrate on the strongest part of the defense: Guadalupe fortress, which stood on a hill overlooking the city. He believed that once his men had taken the fort and had a clear line to the city, the people of Puebla would be demoralized and would surrender quickly. Attacking the fortress directly would prove a major mistake. Lorencez moved his artillery into position and by noon had begun shelling Mexican defensive positions. He ordered his infantry to attack three times: each time they were repulsed by the Mexicans. The Mexicans were almost overrun by these assaults, but bravely held their lines and defended the forts. By the third attack, the French artillery was running out of shells and therefore the final assault was unsupported by artillery. The third wave of French infantry was forced to retreat. It had begun to rain, and the foot troops were moving slowly. With no fear of the French artillery, Zaragoza ordered his cavalry to attack the retreating French troops. What had been an orderly retreat became a rout, and Mexican regulars streamed out of the forts to pursue their foes. Lorencez was forced to move the survivors to a distant position and Zaragoza called his men back to Puebla. At this point in the battle, a young general named Porfirio Diaz made a name for himself, leading a cavalry attack. It was a sound defeat for the French. Estimates place French casualties around 460 dead with almost that many wounded, while only 83 Mexicans were killed. Lorencez's quick retreat prevented the defeat from becoming a disaster, but still, the battle became a huge morale-booster for the Mexicans. Zaragoza sent a message to Mexico City, famously declaring "Las armas nacionales se han cubierto de gloria" or "The national arms (weapons) have covered themselves in glory." In Mexico City, President Juarez declared May 5th a national holiday in remembrance of the battle. The Battle of Puebla was not very important to Mexico from a military standpoint. Lorencez was allowed to retreat and hold onto the towns he had already captured. Soon after the battle, France sent 27,000 troops to Mexico under a new commander, Elie Frederic Forey. This massive force was well beyond anything the Mexicans could resist, and it swept into Mexico City in June of 1863. On the way, they besieged and captured Puebla. The French installed Maximilian of Austria, a young Austrian nobleman, as Emperor of Mexico. Maximilian's reign lasted until 1867 when President Juarez was able to drive the French out and restore the Mexican government. Young General Zaragoza died of typhoid not long after the Battle of Puebla. Although the Battle of Puebla amounted to little from a military sense -- it merely postponed the inevitable victory of the French army, which was larger, better trained and better equipped than the Mexicans -- it nevertheless meant a great deal to Mexico in terms of pride and hope. It showed them that the mighty French war machine was not invulnerable, and that determination and courage were powerful weapons. The victory was a huge boost to Benito Juarez and his government. It allowed him to hold onto power at a time when he was in danger of losing it, and it was Juarez who eventually led his people to victory against the French in 1867. The battle also marks the arrival on the political scene of Porfirio Diaz, then a brash young general who disobeyed Zaragoza in order to chase down fleeing French troops. Diaz would eventually get a lot of the credit for the victory and he used his new fame to run for president against Juárez. Although he lost, he would eventually reach the presidency and lead his nation for many years.



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