

Stress Busters

- Contact me to schedule a complimentary Spa Retreat with your friends in the comfort of your own home!

Enjoy one hour of total relaxation, the latest skin rejuvenation treatments, relaxation techniques and blissful body treatments.

Feel renewed, de-stressed and rejuvenated when you leave!

- Get enough sleep. For tips on getting a better night's sleep, visit www.bettersleep.org.
- Practice deep breathing. Concentrate on breathing from down deep in your diaphragm, not your chest.
- Get regular physical exercise. Do activities you enjoy: dancing, swimming, running, walking, biking.
- Take a hot bath. Light candles. Daydream. Relax your muscles.
- Keep a good book in your purse. Instead of fuming in line, take it out and read it.
- Get creative. Being engaged in creative activity naturally reduces tension and worry. Try acting, learning a musical instrument, painting, singing, crafts or a new hobby.
- Laugh more! Attend a comedy club if you have to!
- Be gentle to yourself. Practice positive self-talk: "I am valuable ... I am worthy of this time for me ... I deserve to take care of myself."
- Filter your world. Tune out tabloid TV and all the negative news you see and hear every day. Choose to read uplifting positive books. Watch the nature channel or the cooking channel instead!
- Just say "no" to reduce your number of obligations each week. Schedule "you" time *before* social commitments and extracurricular activities.
- Visualize yourself in a serene, peaceful setting. Adorn your office walls with posters of your favorite relaxing settings: mountains, beach, garden, etc.
- Try yoga and other relaxation techniques.
- Get a massage. Look for massage schools in your area where prices are more reasonable.
- Eat a balanced, healthy diet: plenty of fruits, vegetables, whole grains, legumes, lean meats, chicken and fish.
- Don't smoke.
- Drink plenty of water.
- Drink alcohol in moderation or not at all.
- Develop supportive relationships. Surround yourself with positive people. Weed out those who drain your energy or drag you down.
- Become more assertive. Ask for what you want.
- Organize your life: your time, your closet, your date-book, your car, your desk, your office.



The effort you put into any one of these activities will lower your stress level and may even save your life!

