

Stress Relief

- **Give yourself permission to take a 'TIME OUT' if overwhelmed or over stimulated.**
- **Find time to be alone, even if only for 15 minutes.**
- **Go outside, take a walk. Amazing how quickly your head will clear, you can relax and re-organize.**
- **Make a list. As you check off your projects you will be surprised at how quickly and efficiently you can get things done when you work off of an organized list.**
- **WATER! Walk by it, listen to it, drink a lot of it, soak in it, sit and look at it. Amazing the power water has over a human's mood.**
- **Listen to music. Find your favorites and relax or work to them. "Softly, deftly, music will caress you. Feel it, hear it, secretly possess you."**
RELAX AND ENJOY YOUR FAVORITES.