Stress Busters for Every Season
Be the first name on your gift-list...
...giving yourself the gift of a stress-free...
...anxiety free...
...and guilt-free day
or holiday season
Avoid excess food, alcohol and caffeine
Take time to nurture yourself with a brisk walk, your favorite music, a warm bath, a good book.
Surprise an old friend with a visit or phone call instead of a card.
Appreciate the simple pleasures of each season
...Spring...
...Summer...
...Winter...
Forget the “shoulds” and make commitments to do only those things you and your family really want to do.
Practice seeing the humor in your challenges
Laugh like you mean it!
Share funny stories with a friend.
You’ll get twice the laughs!
Practice meditative breathing....

Blow away doubts...

Quiet your thinking.....
When considering gifts, spend within your budget to avoid a financial hangover.

Think of creative ways to give of yourself without spending money.
Plan a special event for you and your family in the New Year to beat post-holiday blues
Remember that each year presents opportunities for remaking old and adding new traditions in your family.
Embrace a positive attitude of gratitude for all your blessings