



“Ten Easy Tips to De-Stress”

- 1. Savor a favorite hot beverage in a mug that has texture, color, or design.***
- 2. Listen to soothing sounds such as: rain falling, ocean waves, birds.***
- 3. Sit or recline outside in a quiet spot that you find comforting and peaceful.***
- 4. Spend 3 minutes in deep breathing, focusing on your inhale and exhale.***
- 5. Light an aromatic candle or smell scents that are pleasing/refreshing.***
- 6. Walk where you can observe vegetation, animals, and/or landscapes.***
- 7. Play music that you find calming, relaxing or that makes you happy.***
- 8. Close your eyes and visualize the places and/or people you love the most.***
- 9. Get a massage, rest in a massage chair, or wrap yourself in a warm towel.***
- 10. Stretch out your hands, feet, neck, and shoulders with gentle movements.***

“Take time to do what makes your soul happy.”

Let me know which tip(s) you'll use to De-Stress!

For more Life tips, go to the Blog page on forwardstepsinlife.com