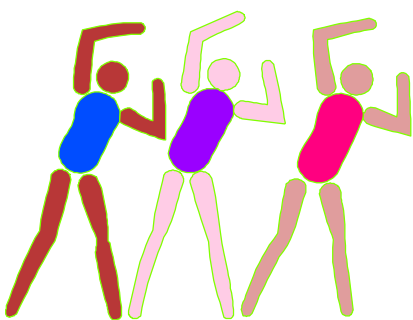


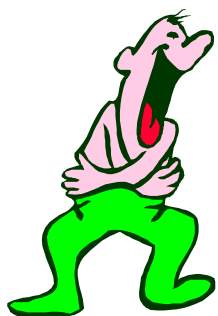
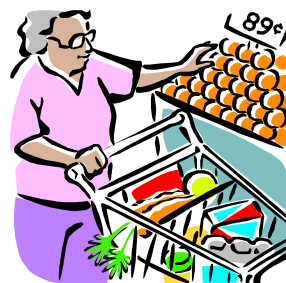
De-Stress Daily

Stay in touch with the people who love and care about you unconditionally. Arrange a visit, make a phone call, or send an e-mail. Keep cards with confirming messages from family and friends nearby and re-read them often.



Squeeze physical activities into daily tasks. Tighten your abs at every red light and walk in place during at least one phone call per day.

Envision yourself as a healthy eater. Get seconds on vegetables and cut dessert portions in half.



Smile more. Jokes, cartoons, funny books and movies all cause chemical releases in the body that are equivalent of "happy pills" with only positive side effects.

Take time for silence each day. Turn off the electronics, find a place where you can listen to the sound of your own inner voice and remember who you are.

