



Cranky? Try This 1-Minute Mood Changer by award-winning author / stress-relief expert Susie Mantell

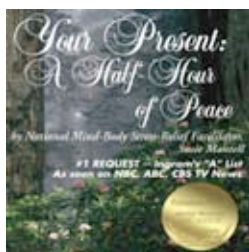
Wait! Before You Tell Somebody Off...

We've all been there - exasperated and angered with someone to the point where we're on the verge of saying or doing something that we would regret later. In those moments, we may realize we need to "take the high road," but there's no roadmap in sight. At other times, no one has done a blessed thing to cause us to feel irritable. We just are. It happens. Following are a few do-it-yourself mood-boosters for moments when you find yourself, well, "cranky." This may sound a little silly, but they can really help. What have you got to lose, a bad mood?

1. Find a mirror, and notice the expression on your face.
2. Set a timer for one minute.
- 3.. Now make as many different facial expressions into the mirror as you can in a minute, especially the ones you'd like to make at the person who made you feel this way.
4. OK. Take a couple of slow, deep breaths. Now try on a few gentler expressions, maybe a smile... now try a different smile.
5. When you find an expression you'd like to keep for the day, freeze!

Check out the Tips page on my website for some more specific (and more serious) stress-relief techniques and strategies at www.relaxintuit.com

© 2000, 2008, 2010 Susie Mantell, Relax Intuit™ LLC. All Rights Reserved. Federal law prohibits use of this content in whole or in part without the express written consent of Relax Intuit™ LLC. For permission to use, please email the complete text of the specific article and its requested use to info@relaxintuit.com . *Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at www.relaxintuit.com*



END OF THIS TIP##