



Cranky? Try a "1-Minute Speed Whine"

by award-winning author / stress-relief expert Susie Mantell

No, really. Try it.

Here's a great stress-buster when you just don't have time for anything more complicated: (Especially effective on those evenings when you walk into the house longing to talk about your miserable day, only to find that someone *else* has been waiting all day to do the same! (Also fun with a buddy at work, to break up a crazy-busy day.)

- Decide who goes first.
- Set a timer for one minute.
- Person #1 now gets to *whine*--- about as many issues as you can fit in a minute!
- Whine fast! Use your hands, shoulders, exaggerated facial expressions. Complain...nag...moan.
- Okay, now whine a little louder...faster... Really get into it!
- Ding! When the timer rings, switch places and let the other person do the same.
- Chances are, if you whine fast enough... you'll probably both end up laughing---the best stress-buster of all!
- This exercise has multiple benefits:
 - Each of you gets to blow off a little pent-up steam until you can sit and really talk.
 - You also each get a glimmer of insight into what the other is dealing with.
 - On days like this, breaking the tension with a laugh never hurts.
 - The exercise buys you both some time until you can calmly sit down and talk over what you need to, so each can give and receive the support needed.

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

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