



## Humor's Healing Power: 10 Signals That Stress May Be Affecting the Quality of Your Life by award-winning author / stress-relief expert Susie Mantell

1. The idea of a day off appeals a lot. There just isn't time!
2. Your molars are touching, but there's no food between them.
3. The person in the mirror looks a lot like you - only crabbier.
4. Co-workers ask, "*How ya doin'?*" and...
  - a. find themselves regretting it for the next 45 minutes.
  - b. they've stopped asking.
5. You laugh out loud, and the sound surprises you a little.
6. You find your shoulders somewhere up around your ears.
7. You overhear complaints that you are "*always in a bad mood.*"
8. Inhaling deeply, filling your lungs with clean fresh air, you notice it feels unfamiliar and maybe even a little uncomfortable.
9. When you turn out the lights, the movie in your head begins.
10. You cannot say for sure when the last time you felt great was! Want to reduce your stress? Find lots more, (and more serious) stress-relief tips on Susie Mantell's website at [www.relaxintuit.com](http://www.relaxintuit.com)

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