



## Simple Soothers: 70 Ways to Feel Really Good... Fast!

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

Perhaps like you, I always feel better when I know I have more than one option. So I've assembled a stress-relief "buffet" for you of 70(!) ways to prevent/release stress, lift spirits and enhance overall wellness. Sometimes, just when we need a "pick-me-up" most they're hardest to recall, so you might want to bookmark these for future reference. As always, take whatever feels helpful, and with a gentle breath, blow the rest away.

I've made up the following "feel-good" list to remind you of simple pleasures you may have forgotten about, plus a couple you may never thought of. There's no particular sequence here so just browse and see what tickles your fancy. Have fun!

1. Moderate, pleasurable exercise: hike, bike, swim (in fact, splash!)
2. Take off your watch, and go for an aimless walk.
3. Get hugged. (Hugs, laughs and orgasms all release endorphins. Take your pick.)
4. Listen to music you love.
5. Make some!
6. Pick out 3 cards, and send to 3 people for no particular occasion.
7. Take a "well" day. (Flash! You needn't actually get sick to lie down & rest.)
8. Find six beautiful things each day and six that make you laugh.
9. Make up with somebody you're mad at. (Extra credit for apologizing)
10. Go downtown for the afternoon, and pretend to be a tourist.
11. Play with a baby. (If a laughing baby can't make you smile, check your pulse.)
12. Tell somebody they've done a great job!
13. Smile at strangers. (Keep trying. Somebody will smile back.)
14. Shoot some hoops.
15. Shoot some pool.
16. Shoot the breeze with a neighbor.
17. Take a brisk walk or bike ride. Try a new route.
18. Meditate and practice mindful breathing.
19. Go to a museum, gallery or crafts show.
20. Dance! (Remember Tom Cruise in "Risky Business?")

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21. Cook a fabulous, healthy (but really delicious) meal or...
22. Don't. Go out for dinner!
23. Go somewhere pretty: to see fall foliage, the shore, a sunset.
24. Try something new: Golf? Gardening? Painting?
25. Start a journal... Write a poem...
26. Lucy & Ethel. Moe/Larry/Curly. Phoebe, Chandler & Joey.
29. Watch a funny movie (or a tearjerker! Crying can be a release too.)
27. Cut down on sugar, caffeine, and alcohol for 1 week. Just reduce & observe.
28. Call or email someone with whom you've lost touch.
30. Clean out the garage (Caution: This one's not fun until afterwards.)
31. Organize a closet and then...
32. Donate all those clothes you never wear to charity.
33. Do something kind for someone, but don't tell a soul you did it.
34. Take a water aerobics class. (a personal favorite)
35. Curl up and read something totally mindless.
36. Get a massage or foot-rub or ... Give one.
37. Play tennis, Bridge, or Trivial Pursuit.
38. Try acupuncture. (only with a licensed practitioner)
39. Wear a color you've never worn before.
40. Buy 2 bunches of flowers. Keep one and give one away.
41. Listen to a soothing relaxation audio.
42. Try aromatherapy, reflexology or reiki.
43. Learn tai chi or yoga.
44. Hang out and browse the library or your favorite bookstore.
45. Take yourself to a movie, a concert or play, a sporting event.
46. Frame that picture you haven't gotten around to and hang it.
47. Feed a stranger's expired parking meter.
48. Pay the toll for the car behind you.
49. Volunteer in a hospital, nursing home, school, day care center.
50. Get involved in a community activity, or school, church or synagogue.
51. Take a long, hot bubble bath by candlelight.
52. Find Mother Nature. (Hint: Try the beach, woods, mountains, desert.)
53. Go fly a kite!

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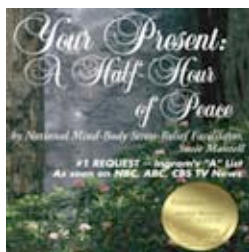
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54. Treat yourself to a manicure, pedicure, facial, new hairstyle.
55. Get a free makeover in a department store.
56. Browse your favorite store and buy 1 gift ... for yourself! (\$25 limit)
57. Start a book club.
58. Make eye contact, and smile whenever you thank salespeople or cashiers.
59. Brew a cup of tea, and do a crossword puzzle.
60. Try a new recipe, a new exotic restaurant, or food.
61. Paint a room a fresh, new color.
62. Get a pet (or play with someone else's).
63. Surprise your family with a "mystery ride" to someplace fun.
64. Blow bubbles, play with Silly Putty, skate...
65. Make a snow angel. (A seasonal thrill)
66. Try an adult education class.
67. Organize your photos, and put them in an album.
68. Plan a vacation and really go!
69. ...Then the very day you return, start a "Next Vacation" fund.
70. Make a "Thrills List" of every thrill you've ever had... or intend to have!

Got some more good ones? Email them to us!

Peace of mind, a positive outlook, sense of adventure, exercise, meditation, conscious food choices and honest, supportive relationships all increase the "feel-good" factor, and in many cases, enhance immunity, facilitate healing and promote physical and emotional health. I wish you all those things, and above all ...Peace, Susie

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