



Stress: Comforting Thoughts to Live By (Source: Anonymous Forward Email)

A man opened his wife's top drawer and picked up a package tied with satin ribbon. Gently folding back each layer of tissue, he smiled softly, staring quietly at the contents. "She bought this the first time we went to New York 8 years ago. She has never worn it, saving it for a special occasion."

Well, I guess this is it. He walked to the bed and placed the box beside the other clothing he was taking to the funeral home. In his eulogy of his beloved wife, the man said "Never put off enjoying something you love until a special occasion. Every day is a special occasion." I think those words changed my life.

- Now I read more and clean less.
- I sit on the porch without worrying about anything.
- I spend more time with the people I love and less time worrying about work.
- I understand that life should be lived, not just survived.
- = I use the good dishes every day.
- I wear new clothes to go to the supermarket if I feel like it.
- The word "someday" is fading from my lexicon. If it's worth doing, I want to do it now.

I wonder what the man's wife would have done differently if she'd known. Perhaps she might have called her relatives and close friends and written to an old friend to make peace over past quarrels. I'd like to think she might have gone out to garden and played with the kids next door. It's these small things I would regret not doing if I knew my time were coming.

The story of that box, still wrapped in its original satin ribbon eight years later, has reminded me to enjoy lovely things every day, to always tell loved ones what they mean to me, and to never let an apology I owe go unspoken. Each day, each hour, each minute really is a gift.

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

