



Stressed? Overwhelmed? Susie's Spin on The "To-Do" List by award-winning author / stress-relief expert Susie Mantell

"Never be afraid to sit awhile and think."

~Lorraine Hansberry: A Raisin in the Sun

Today I will do the following:

1. Spend at least thirty minutes doing something that brings me true relaxation and pleasure.
2. Read at least one page that nourishes my mind and/or spirit, and I will connect with whatever brings my soul comfort.
3. Brush my teeth mindfully, morning and night, observing the feel of each tooth, my gums, and my tongue as I care for my wellness.
4. Take one step toward identifying and meeting one personal wish.
5. Assume full responsibility for my thoughts, words, actions and health care.
6. Do at least two things to help others, with no expectation of any kind of thanks.
7. Compliment at least two co-workers or family members, sincerely.
8. Plan and enjoy healthy balanced meals and snacks, including at least five servings of vegetables/fruits, and drink water throughout the day, or do whatever my health professional advises is safe and healthy for me.
9. Get outdoors and walk for a few minutes, protecting my skin and my eyes.
10. Smile at least six times. [Extra credit for laughing out loud.]

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11. Apologize and set things right within five minutes, whenever I notice I have been impatient or unkind.
12. Talk to myself as I would speak to a cherished child, forgive my mistakes and identify why I slipped-up, so that I can learn from that, smile at my mistake, and give myself a fresh new start

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