



## Stress Relief — Especially for Journalists!

### Susie Mantell is a Fun, Fluent, Informative Media Guest

Award-winning author and stress-relief expert Susie Mantell offers fresh perspective and realistic, empowering tools on a wide variety of topics as a radio guest, and print media resource. Her multisensory mind-body stress relief techniques and strategies have appeared on ABC, NBC, CBS TV, in leading magazines, syndicated radio, newspaper, professional trade publications and on the Internet.

A generous resource with practical, creative stress reduction techniques at her fingertips, Susie Mantell is a helpful radio guest, also providing print and electronic journalists with stress relief tips for articles. Mantell readily customizes on-the-spot tips to enhance health and wellness, soothe sleeplessness, depression, worry and pain, and strategies for coping health-related and work-related stress, caregiving and bereavement, among others.

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## Sample Interview Questions for Stress Relief Expert Susie Mantell:

*(Something else on your mind? Just ask!)*

### Stress Relief Qs for General Wellness...

- What is stress, and what does it do to us?
- Why is "stress" suddenly such a hot topic?
- How can stress be harmful?
- Could I be increasing my own stress level?
- Is there such a thing as "good" stress?
- What are some tips for mind-body stress relief?
- What are signs that stress may be affecting my life?
- What are 3 benefits of guided imagery meditation?
- What are 3 benefits of writing meditation?
- How can daily stress reduction prevent Burnout?
- Why is Mindfulness a popular buzz word now?
- What are some tips to prevent Caregiver Stress?
- What are a few Mind-Body Memory Enhancers?
- What are tips to help people living with chronic illness?
- What sets the Revised and Expanded 2<sup>nd</sup> Edition of *Your Present: A Half-Hour of Peace* apart from other guided imagery meditation audios?
- What are the benefits of Meditation and Mindfulness?
- How can I quiet "mental chatter?"

- How can stress impact our health, and relationships?
- How can mind-body meditation reduce stress?
- Got any quick stress tips to ease aches & pains?
- Insomnia seems to plague many people these days. How can stress reduction enhance better sleep?
- How can we manage holiday stress better?
- What are some great stress-buster gift ideas?
- What are some practical applications for your audiobook *Your Present: A Half-Hour of Peace, 2<sup>nd</sup> Edition Revised and Expanded?*
- Where can listeners get the new revised and expanded 2<sup>nd</sup> edition of your audiobook, *Your Present: A Half-Hour of Peace?*

### Work-Related Stress Reduction...

- Workplace Damage Control: What are a few simple steps to release on-the-job stress?
- Why should managers care if employees are stressed?
- How can your "10 Minute Brain Vacation" be beneficial in the workplace?
- How can I tell if stress is affecting my work?