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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Stress Management for the Rest of Us**

**By Lisa Simmons**

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free stress assessment here.

**2. Set aside a few minutes each day just for you.** -- Even 10 minutes of solitude, guided imagery, or soothing music

can be extremely therapeutic when you're feeling overwhelmed. If you're not sure how to fit even 10 minutes into your hectic schedule you may want to learn

The Art of Doing Nothing:

Simple Ways to Make Time for Yourself

MindWalks,

walking can help

National Respite Locator Service

helps parents, caregivers,

[www.stacksandstacks.com](http://www.stacksandstacks.com)

. Everyday tasks will be less stressful. In

Let Go of Clutter,

organizing

**6. Don't bottle up your emotions.** -- Join a

support group on-line

, or start your own local group.

the

Parent to Parent

web site. Having someone "safe" to talk to when you're feeling frustrated is vital to your emotional health.

National Sleep Foundation

offers a quick quiz to see if you should be

on-line

or through

books.

Remember, stress is inevitable. Keep stressful moments

from ruining your day by being prepared with a few simple relaxation techniques.

**9. Follow your nose.** --

Aromatherapy

is based on essential oils extracted from herbs & can be a

Stress Less -- don't miss their **Feel Better**

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**Five Steps For Stress Relief**

**By Christa Reynolds**

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Time Stretching Tips

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