

## A More Relaxed You!

Our lives today are bursting with responsibilities. The heavy workloads they carry can become so burdensome we're not sure which way is up! Trying to juggle a full-time job, kids, and a home can be staggering to say the least.

You do, however, have the choice to do something special for yourself today. You simply must find some ME time or your body will start to show signs of distress and weakness. You can only burn the candle at both ends for so long before things fizzle out and you're left with nothing but the shell of your former fun-loving self.

Try one of these 'me time' tips:

- 1. Get a massage.** This would have to be one of the most relaxing things you could do for yourself. There are places that offer chair massages if you feel uncomfortable getting one in the buff. You can even get one at a chiropractors' office or a hair salon. Look around. They are available everywhere. Enjoy one today.
- 2. Take a walk.** Take a walk with your dog, a friend or spend some time alone. Breathe in the fresh fall air and enjoy the sounds around you. Later, splurge on YOU! Enjoy a smoothie or a warm cookie and a cup of coffee.
- 3. Take your digital camera and go to a park.** It's amazing what we take for granted when we rush through life. Slowly walk through the park and take as many pictures as you can of everything and anything.
- 4. Create a Home Spa.** Arrange some candles around the tub, slide in gently and soak until your fingertips start to wrinkle. If you prefer you can listen to your favorite music or simply enjoy the silence.
- 5. Stay in your PJ's or nightgown all day long.** Snuggle down in your favorite robe and fuzzy slippers, look through old photo albums, do a jigsaw puzzle, read a book or rent a flick- don't feel guilty, be lazy and enjoy the entire day!