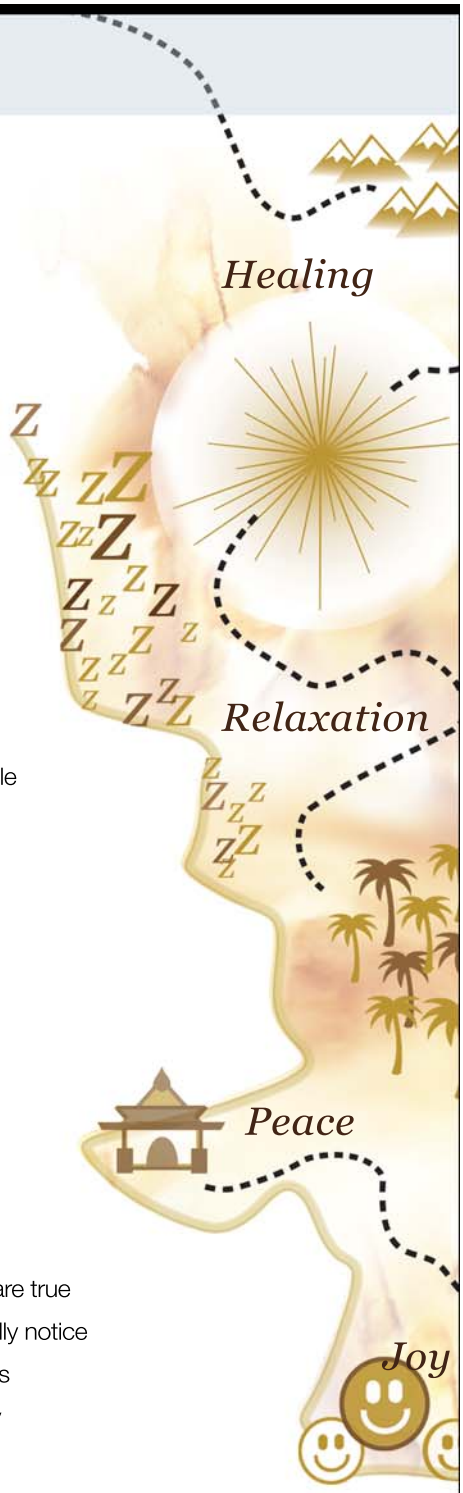
....mobile....Reiki

Stress Relief Tips

Slow down
Go home
Make a hot chocolate
Use some gentle candlelight
Take a long bath
Don't watch the News
Don't read the News
Say 'No' if you want to
Sit still
Learn to meditate
Slow down your breathing
Breathe deeply
Do manual tasks
Cut down on caffeine
Make a cup of tea
Knock off the sugar
Avoid alcohol
Ditch the cigarettes
Bin the drugs
Give away your TV
Go for a walk
Smile at someone
Don't judge your thoughts
Eat piles of vegetables
Eat vitamin C
Eat dried apricots
Eat sweet potatoes
Have a good work-out
Go into the countryside
Write it all down
Close your eyes
Listen to music that moves you
Massage your temples

Don't try to be perfect
Don't procrastinate
Fulfil important tasks
Ditch unimportant tasks
Don't compete
Be flexible
Don't react. Move away
See the humour in everything
Remove yourself from negative people
Surround yourself with soft colours
Get a massage
Give a massage
Have a Reiki treatment
Play with your pets
Ring a friend
Cry
Touch your face
Don't expect anything
Don't bother criticising anyone
Live like today is your model day
Ask yourself whether your thoughts are true
Wink at someone you wouldn't usually notice
Relax. It deflates other people's stress
Dream like your dreams create reality
Resign as Manager of the Universe
Make your goals realistic
Watch your favourite comedy film
Remember you can't change anything but yourself
Plan something you like at the end of the day
Get a takeaway
Curl up with a good book
Turn everything off at night
Go to bed early



www.mobilereiki.co.uk
December 2009