



Cranky? Try This 1-Minute Mood Changer by award-winning author / stress-relief expert Susie Mantell

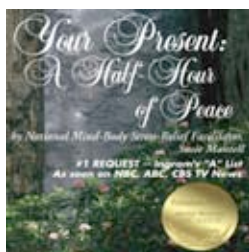
Wait! Before You Tell Somebody Off...

We've all been there - exasperated and angered with someone to the point where we're on the verge of saying or doing something that we would regret later. In those moments, we may realize we need to "take the high road," but there's no roadmap in sight. At other times, no one has done a blessed thing to cause us to feel irritable. We just are. It happens. Following are a few do-it-yourself mood-boosters for moments when you find yourself, well, "cranky." This may sound a little silly, but they can really help. What have you got to lose, a bad mood?

1. Find a mirror, and notice the expression on your face.
2. Set a timer for one minute.
- 3.. Now make as many different facial expressions into the mirror as you can in a minute, especially the ones you'd like to make at the person who made you feel this way.
4. OK. Take a couple of slow, deep breaths. Now try on a few gentler expressions, maybe a smile... now try a different smile.
5. When you find an expression you'd like to keep for the day, freeze!

Check out the Tips page on my website for some more specific (and more serious) stress-relief techniques and strategies at www.relaxintuit.com

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END OF THIS TIP##