



Humor's Healing Power: You Gotta Laugh: Create Mini-Thrills!

(Source: An Anonymous Forward)

Unexpected Mini-Thrills

- Sunshine, when rain was predicted
- A fun, laugh-out-loud movie
- Getting flowers for no reason
- A mailbox full of birthday cards
- Genuinely friendly wait-staff
- Finding \$5 in your winter coat pocket
- A warm smile and a firm handshake
- Party favors at grown-up events
- A call asking how your cold is coming along
- A courtesy refund for their error (without even asking for it)!
- A full new roll of toilet tissue
- A stranger holding the door for you
- A cheery voice answering your call

Do-It-Yourself Mini-Thrills

- Watching fireworks
- Ice cream on a hot day
- A spare of anything, when you run out
- Hot dogs on the beach
- The 1st two minutes after the house is clean
- Losing 5 pounds when you're really trying
- A day trip by train
- Blasting feel-good music in the car
- Giving a gift the recipient absolutely loves
- Finding your way driving to a new place
- Watching butterflies or fireflies
- Getting into a cool, freshly-made bed
- A cool shower on a hot day, or vice-versa
- Playing with a baby

Want to reduce your stress? Find lots more, (and more serious) stress-relief tips on Susie Mantell's website at www.relaxintuit.com

Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at www.relaxintuit.com

