



## Simple Soothers: 50 Sublime Simple Pleasures

by award-winning author / stress-relief expert Susie Mantell

Much of the day-to-day tension we experience is actually a culmination of little annoyances, inefficiencies and too many to-dos that compound into one menacing boulder that, left unaddressed, threatens to chase us down the mountain and level the village! Every moment holds the opportunity to reinvent ourselves. The degrees to which we can adapt and prioritize, laugh, grow, balance, touch, forgive (or not) impact our capacities to experience joy, cope with adversity, find satisfaction, healthy self-esteem, nourishing relationships and overall quality of life. Sometimes it really is the little things. Here are 50 of them for when you need a pick-me-up:

1. Laughing so hard your face hurts.
2. A hot shower, full-force.
3. No line at the supermarket.
4. Mail that isn't a bill.
5. Lyrics with your new CD.
6. Creative projects.
7. Lying in bed listening to the rain.
8. Towels fresh from the dryer.
9. Holding hands.
10. A surprise call from an old friend.
11. Great, stimulating conversation.
12. The beach -- any time.
13. Finding \$10 in last winter's coat.
14. Doing a much-needed favor.
15. "Inside" jokes.
16. Live tech support.
17. Live tech support within 5 minutes (!)
18. Making up.
19. A first kiss. (Any kiss.)
20. Puppies, babies, kittens.
21. A parking space right in front.
22. Hot chocolate.
23. Road trips.
24. Swinging on swings.

© 2000, 2008, 2010 Susie Mantell, Relax Intuit™ LLC. All Rights Reserved. Federal law prohibits use of this content in whole or in part without the express written consent of Relax Intuit™ LLC. For permission to use, please email the complete text of the specific article and its requested use to [info@relaxintuit.com](mailto:info@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](http://www.relaxintuit.com)*

CONTINUED

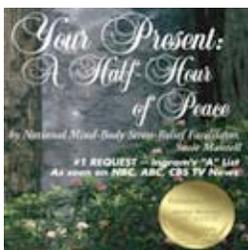


**Simple Soothers: 52 Sublime Simple Plesures**  
by award-winning author / stress-relief expert Susie Mantell

25. Falling in love.
26. Going to a really good concert.
27. Homemade cookies.
28. A free day.
29. Overhearing a compliment.
30. Learning something new.
31. Getting lost in a great book.
32. Not getting lost anywhere else.
33. A movie that is "all that."
34. Same-day email replies.
35. On-time anything.
36. The day you start to feel better.
37. Feeling accepted, as-is.
38. A "just because" present.
39. Your pre-haircut shampoo.
40. The first crocus of spring.
41. Fresh snow and nowhere to go.
42. Any home improvement. (Only fun after it's done!)
43. A good cry.
44. "Oh, no charge."
45. Work you love.
46. Finishing a project.
47. Comfortable shoes.
48. Finding out the sweater you really want is on sale for 1/2 price.
49. Waking and realizing you still have hours left to sleep.
50. A brand new day; a fresh start.

Sweet Baby Boomer Nostalgia <http://www.relaxintuit.com/displaytips.asp?ID=165>

© 2000, 2008, 2010 Susie Mantell, Relax Intuit™ LLC. All Rights Reserved. Federal law prohibits use of this content in whole or in part without the express written consent of Relax Intuit™ LLC. For permission to use, please email the complete text of the specific article and its requested use to [info@relaxintuit.com](mailto:info@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](http://www.relaxintuit.com)**



##END OF THIS TIP##