



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.

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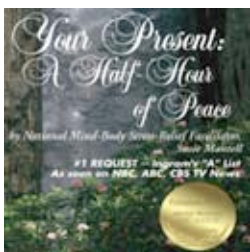


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25. Falling in love.
26. Going to a really good concert.
27. Homemade cookies.
28. A free day.
29. Overhearing a compliment.
30. Learning something new.
31. Getting lost in a great book.
32. Not getting lost anywhere else.
33. A movie that is "all 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>

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