



## Stress: No Time to Relax?

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

**Q:** Dear Susie, I'm always on the go. I know this sounds crazy, but with long days, deadlines, fax-phone-email messages, I'm just too busy to relax. I look like Hell. What can I do?

**A:** Your problem doesn't sound at all crazy! Stress has been identified as the #1 Health Risk in America today, and it seems you're seeing evidence of that in your business, and in your mirror.

Interestingly, busy people who schedule time to relax report that they experience enhanced clarity, renewed focus and inner calm. One half-hour of relaxation can actually provide 2-3 hours productivity to a hectic day.

### QuickTips

- Do "mini-meditations," mindful breathing, and create soothing mental imagery while downloading files, waiting at a red light, on line at the bank.
- A half-hour before bed-time, be sure you prepare well for deep restorative sleep each night and if sleeplessness is a problem, try listening to a relaxation CD or gentle music as you fall asleep.
- You'll bring infinitely more to your professional life, and your loved ones, and you'll also be more available to enjoy all that those relationships bring to you. Listen to soothing music in the car, meditate during your afternoon break, and rediscover simple pleasures amid those demanding days.

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