



Stress on Relationships: Want to Avoid an Argument? by award-winning author / stress-relief expert Susie Mantell

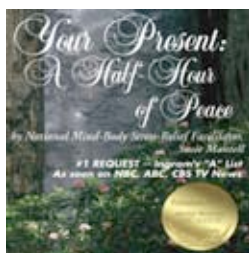
Here's a great, somewhat whimsical (yet effective!) technique for buying yourself some time before responding to a friend, relative, employer or co-worker with words you might later regret...

Side-Stepping a Verbal "Swing"...

1. At the first blows of conversational combat, visualize the other person's words floating up overhead---floating directly from his/her mouth into the air above, before they even get near you.
2. Watch the words attaching themselves to an advertising banner that trails behind an airplane... and drift by, around the bend, and out sight!
3. Realize that's all they are. They're words. They're in the air. They'll be gone in a minute.
4. Remember that sometimes "Tincture of Time" is the best remedy for avoiding an argument.

If this relationship is causing you ongoing stress, visit my website at www.relaxintuit.com to explore lots more specific, (and more serious) stress-relief strategies.

© 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. *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*



END OF THIS TIP##