



For stress relievers. Here's my list of stress busters:

- Watching our cat Nelly being Nelly
- Lounging on the patio swing
- Planning travel (even if within a 10-mile radius)
- Family group hugs
- A good laugh with my hubby right before falling asleep
- Cracking my knuckles...aaaahhhh
- Working out in my pajamas (putting on my workout clothes early in the morning stresses me; and yes, I workout at home)
- Walks on the beach
- Breakfast with the amigas
- Prayer, prayer, prayer
- Getting into perspective and being grateful

Thank goodness there are so many techniques we can practice to help alleviate the many stressful things and circumstances which surround us daily. Some of the common tactics include yoga, meditation, breathing exercises, cleaning the house to some kick-ass music (not on my list, no matter how kick-ass the music), napping, eating healthy, dancing, baking delicious goodies (not if you want to eat healthy), keeping a journal...etc., etc.

It is essential for our health and sanity that we do what we can to reduce all levels of stress, and knowing that there are ways to shed that tension is itself a stress reliever. For that, I am thankful.

What's on your list of stress relievers? And what are you thankful for today?

Until next Thursday's post...si Dios quiere.

*"If the path before you is clear, you're probably on someone else's."*

*-Joseph Campbell*

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

*-Matthew 6:34*

“If the problem can be solved why worry? If the problem cannot be solved worrying will do you no good.”

*-Santideva*



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