



**\*\*\*STRESS-BUSTER RECIPE\*\*\***

*Are you feeling stressed and not coping with things around you?*

*Take time out.*

Find a quiet, comfortable, well ventilated spot, play some soothing peaceful music, then concentrate on the act of lighting a stick of incense or some aromatherapy candles. Don't think of anything else, just focus on this little ritual - it will take your mind off whatever is stressing you out, even if it's just for a minute. Then sit quietly for a while - to calm and centre yourself and have a few moments of peace and tranquility.

Think of all the things in your life you are thankful and grateful for – write them down. We have included a space for you to make a start. Many people are discovering that when focusing on the things they are grateful for, they begin to feel better, and when they feel better, life gets better and better!




Are you thinking this is too silly and simple? Give it a try and see what happens.....

**I am so thankful and grateful for:**

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

Could you go on and find 200 things to be grateful for?

Life is meant to be fun.  Enjoy and expect wonderful things in your life!