

MAKING LIFE MORE FUN

Simple Steps To A Calmer, More Confident You

(NAPSA)—The first step in creating positive change in our lives is learning how to manage stress, which we can do by developing a greater sense of inner calm. Here are a few steps you can take to brighten your outlook, nurture your spirit and enhance your sense of well-being in just a few minutes each day:

- *Connect with your inner life source.* Use a breathing technique such as the yoga “Breath of Joy” to enliven your body, lift your spirit and dissolve tension. Stand with your feet at least two feet apart, arms at your sides. Stretch arms straight out in front, inhale; drop arms, then stretch them out to the side, inhale; drop arms and stretch them overhead, inhale; bend knees, fold at hips, drop arms to floor and exhale with a “HA” sound or deep sigh. Stand up straight and begin again, repeating six times.

- *Look good, feel good.* Updating your beauty look can work wonders for your self-esteem and help elevate your mood.

“Haircolor is the quickest and best way for a woman to brighten up her look and spirit,” says celebrity haircolorist Louis Licari. “To get a beautiful look at home, try a formula that makes sense from a financial and time-management standpoint.”

Revlon High Dimension Haircolor provides gorgeous permanent color results in just ten minutes—one-third the time of traditional at-home haircolor.

- *Elevate your energy, stimulate your senses.* Aromatherapy candles and bath salts are an ideal way to calm and clear your mind while gently stimulating your senses. Another great energy



Taking a few minutes for yourself each day can help reduce stress levels.

booster is the fragrance of flowers, which were used in the ancient world to enhance health, improve well-being and increase energy. Add a bouquet to your grocery list and enjoy the emotional lift. Try bringing a fresh bouquet to work on Mondays to get your week off to an energizing start.

- *Take a five-minute “visual” vacation.* Use guided imagery to calm, inspire and motivate yourself during a challenging afternoon at the office or whenever you need a break from a busy day. Sit comfortably, close your eyes and take several deep breaths, progressively relaxing and releasing. Visualize tension flowing out as you exhale. When deeply relaxed, visualize your favorite place: see yourself there, peaceful and content. After two or three minutes, you’ll come back refreshed.

By following these basic steps, you may soon feel more relaxed, energized and empowered to make positive changes in your life.