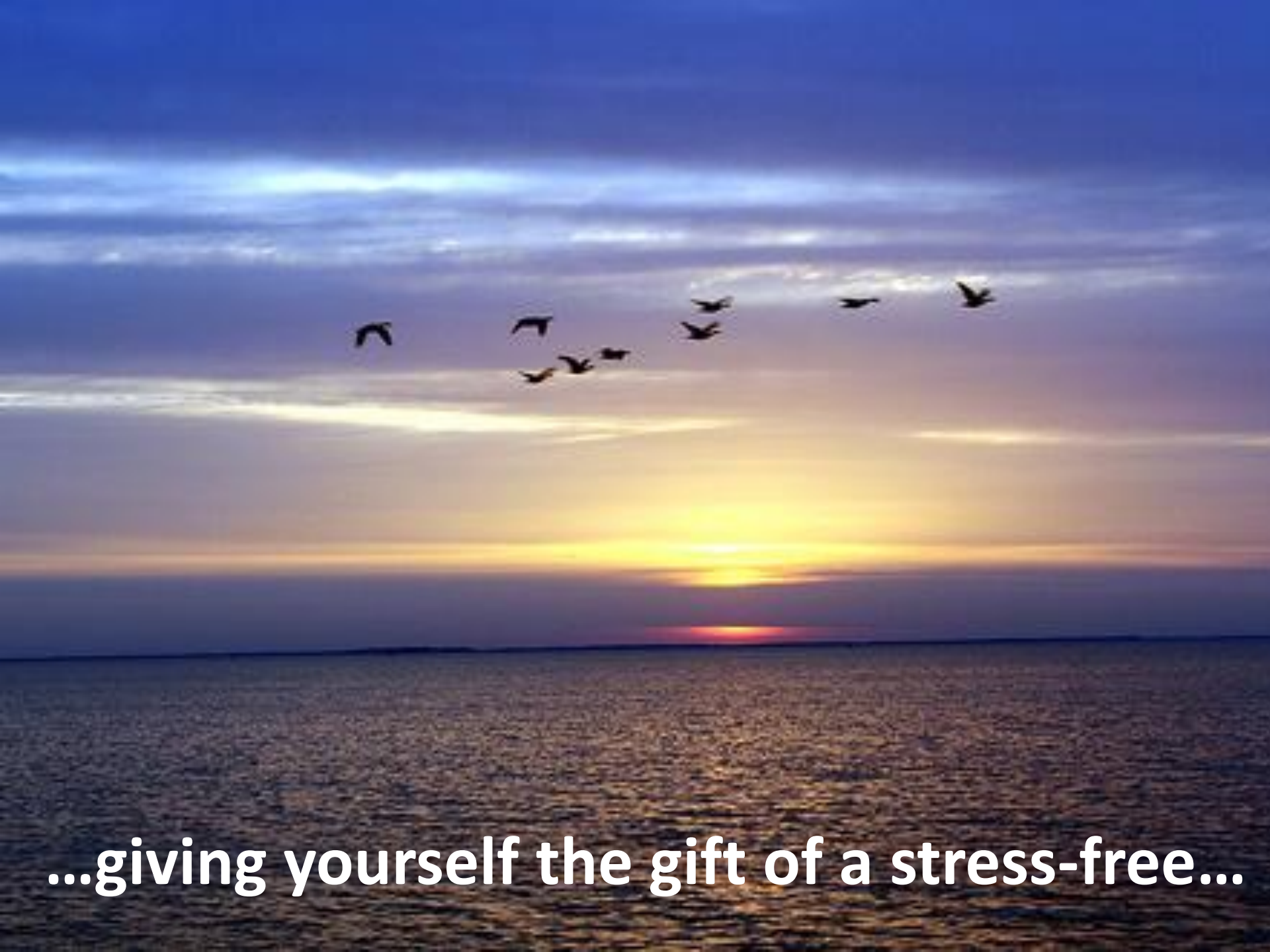




*Stress Busters
for
Every Season*



Be the first name on your gift-list...



...giving yourself the gift of a stress-free...



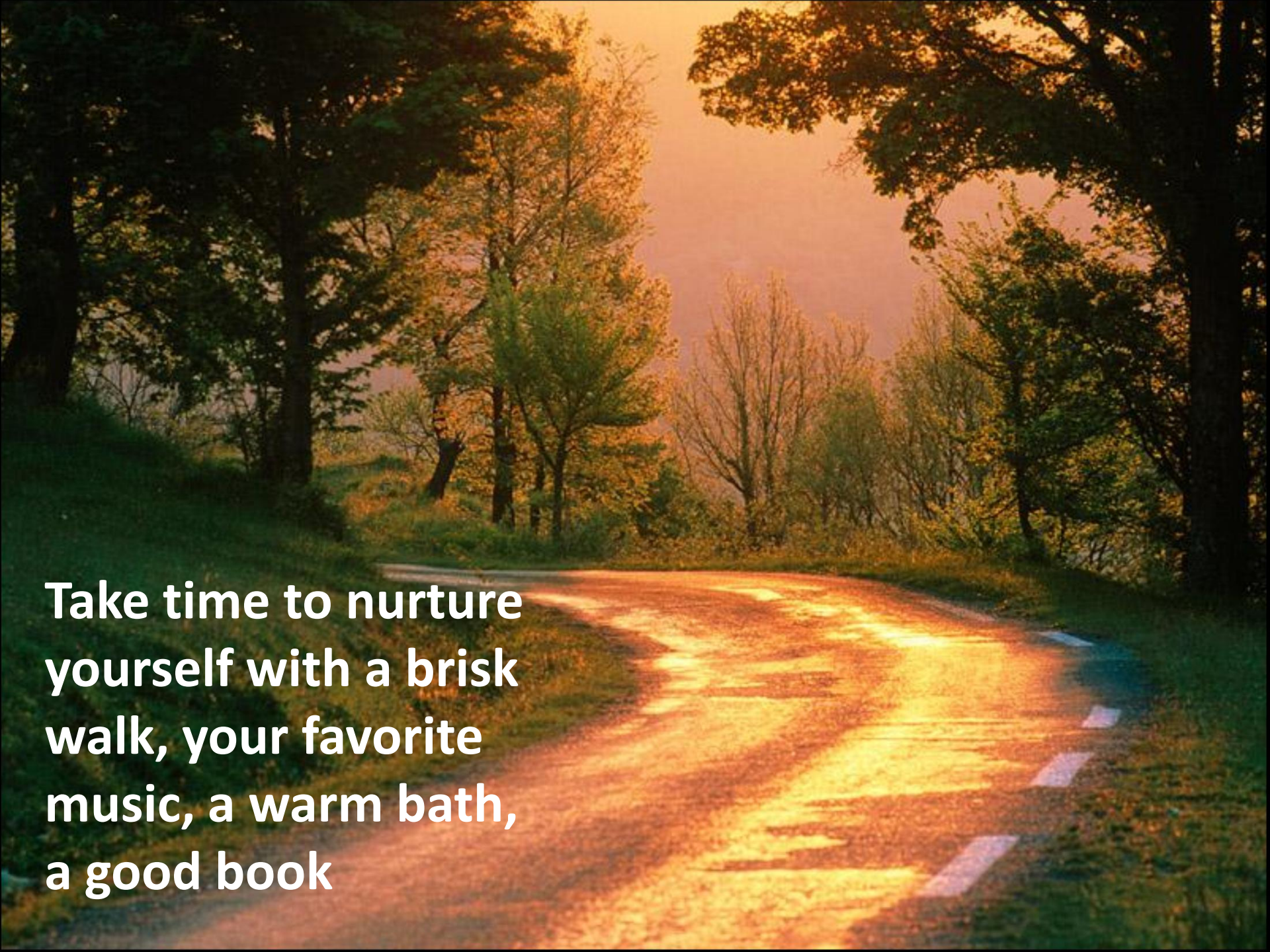
...anxiety free...



**...and guilt-free day
or holiday season**




**Avoid excess food,
alcohol and caffeine**



**Take time to nurture
yourself with a brisk
walk, your favorite
music, a warm bath,
a good book**



**Surprise an old
friend with a
visit or phone
call instead
of a card**

A photograph of a winter forest. The foreground and middle ground are filled with evergreen trees heavily laden with snow, their branches creating a complex, white pattern. The background shows a denser forest of similar trees, but without snow, appearing as a dark, textured wall. The overall scene is serene and captures the beauty of a snowy winter day.

**Appreciate the
simple pleasures
of each season**



...Spring...

A close-up photograph of a pink lotus flower. The flower is in full bloom, showing a dense center of yellow stamens surrounded by numerous pink petals. The petals have a soft, velvety texture and a gradient of pink colors, from light to deep magenta. The background is blurred, focusing attention on the intricate details of the flower's center.

...Summer...

...Autumn...



...Winter...



Forget the “*shoulds*” and make commitments to do only those things you and your family really want to do







**Practice
seeing the
humor in
your
challenges**

Laugh like
you mean
it!





Dream



**Share
funny
stories
with a
friend.**

**You'll get
twice the
laughs!**

Practice meditative breathing....

Blow away doubts...

Quiet your thinking.....





When considering gifts, spend within your budget to avoid a financial hangover.

Think of creative ways to give of yourself without spending money.



Plan a special event for
you and your family in
the New Year to beat
post-holiday blues

**MARCH OF
THE PENGUINS**

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Remember that each year presents opportunities for remaking old and adding new traditions in your family



**Embrace a
positive attitude
of gratitude for all
your blessings**

