

50 Simple Ways to Feel Really Good — Fast! by award-winning author and stress relief expert Susie Mantell

Perhaps like you, I always feel better when I have more than one option...

Here's a list of 50 simple pleasures that may help you prevent, reduce and release stress, or lift your spirits.

You may rediscover some activities you'd forgotten about —and perhaps a couple you've never thought of trying. They're in no particular sequence so just browse, and choose the ones that feel right for you. Have fun!

1. Pay a visit to Mother Nature. Enjoy fall foliage, walk on the beach, stroll through gardens, watch a sunset.
2. Pick out 3 thoughtful cards and send them to 3 people, for no particular occasion.
3. Go someplace beautiful. Find 6 things along the way that make you smile and say "Wow!"
4. Enjoy some moderate, pleasurable exercise: hike, bike, stroll, swim — In fact, Splash!
5. Hugs and laughter can both boost the feel-good factor. Take your pick.
6. Visit a pet store and watch the puppies. Adopt a pet — or play with someone else's.
7. Crank up some feel-good music. Extra credit if you dance. (This is a great family activity!)
8. Take a Wellness Day. You don't need to actually get sick to nap, or read a magazine, or watch a game show.
9. Commit to finding a minimum of 6 beautiful things every day, and 6 that make you laugh.
10. Make up with somebody you've been mad at. Forgive. Apologize. Both are gifts to yourself, as well as others.
11. Go downtown for the afternoon as if you've never been there before. Pretend to be a tourist.
12. Play with a baby. (If a giggling baby can't make you smile— check your pulse.)
13. Tell someone he or she's done a terrific job at something.
14. Smile at everyone you pass. Keep trying. Somebody will smile back.
15. Give compliments! We never know when a small kindness may echo in the heart of the recipient forever.
16. Shoot some hoops. Shoot some pool. Shoot the breeze with a neighbor.
17. Meditate and practice mindful breathing.
18. Listen to the soothing audiobook, **Your Present: A Half-Hour of Peace, 2nd Edition Revised & Expanded.**
19. Go to a museum, gallery or crafts fair.
20. Cook a really delicious meal with friends. Let everyone bring a course or a beverage.
21. Join a Book Club • Volunteer • Golf • Garden • Paint • Try Yoga • Massage • Cooking Class • Mentor!
22. Start a journal. Write a poem...
23. Watch some Lucy & Ethel, Moe-Larry & Curly. Phoebe-Chandler & Joey. You get the idea...
24. Observe your intake of sugar, caffeine and alcohol. Consider reducing as needed.
25. For 1 week, put yourself to bed early enough to get 8 hours of sleep. Observe your mood, energy, complexion.

(Continued)

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Part 2

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26. Reconnect with someone with whom you've lost touch. Schedule a visit or if they're far away, a phone date.
27. Clean out the garage or the attic. (This one may not be so much fun until you finish.)
28. Organize a closet. Donate the clothes you never wear to a charity where they can be "New" for someone else.
29. Do something kind for someone but don't tell a soul you did it.
30. Curl up and read something totally unrelated to work or The News.
31. Host a Games Night: Tennis, Bridge, Pictionary, Trivial Pursuit, etc.
32. Wear a color you've never worn before —Or paint a room a fresh, new hue.
33. Buy two bunches of flowers. Keep one and give one away.
34. Schedule acupuncture, reflexology, reiki or another healing art with a licensed practitioner.
35. Visit the library, or your favorite bookstore and discover a new book to read.
36. Take yourself to a movie, a concert, a play or a sporting event.
37. Frame that picture you haven't gotten around to, and hang it where you can enjoy it.
38. Feed a stranger's expiring parking meter.
39. Get involved in a community project, or at school or at a place of worship.
40. Go fly a kite!
41. Treat yourself to a manicure, pedicure, facial, new hairstyle— or a free makeover in a department store.
42. Browse your very favorite store and buy a small gift— for Yourself! Ask them to please wrap it.
43. Brew a cup of tea, and do a crossword puzzle.
44. Try a new recipe, a new restaurant, or a new food.
45. Surprise your family with a mystery ride to someplace fun.
46. Blow bubbles, play with a toy, make a snow (or sand) angel.
47. Enroll in an adult education class. A new language? A computer skill? A hobby?
48. Organize your photos, and put them in an album.
49. Plan a vacation — and really go! Then, the day you return, start a "Next Vacation" savings account.
50. Make a list of other feel-good activities you enjoy, and make time for those!

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