



# 10 WAYS TO RELAX

Tips on how to de-stress and reclaim your life

## 1 Drink Tea

We love The Republic of Tea's Sip for the Cure line. The light, tangy Pink Lemonade Tea is a



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favorite of several of our staffers. And with \$0.75 from each tea purchased going to Susan G. Komen for the Cure, it's a tea you can feel good about purchasing. Drink up!

Sip for the Cure line, \$10.50 - \$13 ;  
at [www.republicoftea.com](http://www.republicoftea.com) or 800.298.4TEA

Silk is excellent in the cold because its low conductivity keeps you warm. So go ahead, look chic while you stay toasty.



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## Wear Silk

## 3

Sit by



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## a Fire

The tranquil cracklings from a wood-burning fire are said to soothe and calm nerves. And, hey, if that doesn't work, you can always make s'mores.



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## Soak in the tub

## 5 Read a good book

For other great must-read suggestions, take a look at Sherri's Picks on page 33.



Please visit us at: [www.beyondoncology.com](http://www.beyondoncology.com)

# Listen to Music



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More than half of the world listens to music to de-stress. Wake yourself up in the morning with some tunes, listen to your favorite songs on your commute, or rock out while you clean.

# 7



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See our word scramble on p.36 and get started!



# Do a puzzle

"With puzzles, you can see the challenge through from beginning to end. And when you complete it - it's a very satisfying feeling."

# 8

## Light candles



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Grab some aromatherapy candles to smell your way to relaxation. Lavender creates a feeling of deep calm and soothes the nervous system. It even stimulates the immune system.



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## Watch a movie

Each person has their own favorite. But no matter if you love the oldies or are an avid follower of the newest films, a movie is a fantastic way to unwind. And thanks to DVR, you can record movies from your cable or satellite directly to your TV. Pop some popcorn, put on your jammies, and snuggle up on the couch with a good film.

# 9

Massages decrease inflammation and increase circulation. Whether you are on your feet all day, or walking from meeting to meeting, give your tootsies some TLC.

## Get a Foot Massage



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