Learn to Relax!

WebMD (http://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot) has a website to help you learn more about relaxation -- and how to attain it. They list 10 on-the-spot techniques you can use -- any time and almost anywhere -- to reduce the tension in your life. Try them at home and determine which are best for YOU!

1. Meditate
2. Picture Yourself Relaxed
3. Breathe Deeply
4. Look Around You and stay in the present
5. Drink Hot Tea
6. Show Some Love
7. Try Self-Massage
8. Take a Time Out (few deep breaths and relax)
9. Try a Musical break
10. Take an Attitude Break (use positive feelings)