



Woman's Day
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Creating a sense of calm can be as easy as gazing at the color orange or smelling lavender.

Dial it down Does your inner voice nag you about all the things you need to do? Close your eyes, take a deep breath and picture yourself turning down the volume on those stressful thoughts, suggests Jeffrey Brantley, M.D., coauthor of *Five Good Minutes in the Evening*.

Color your mood For a new attitude, try gazing for 30 seconds at a cheerful color, such as orange. As a reminder throughout your day, keep an orange *(Please turn to 81)*

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Nurture yourself with literature
 Copy a beautiful long sentence and read it when you're stressed. "This slows you down because you have to take the time to read and absorb it," Mandel says. "You breathe more deeply without thinking about it." She enjoys passages from F. Scott Fitzgerald's *The Great Gatsby*. Her favorite? The rhythmic conclusion of the novel describing the ebb and flow of life. **wd**

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Continued
 on your desk or wear an orange scarf. "That will become your relaxation cue," says Debbie Mandel, M.A., author of *Turn On Your Inner Light: Fitness for Body, Mind and Soul*.