

Welcome to the Stress Busters Café

Remember, some of the best *things* in life are **FREE!**
(or almost free)

~ Menu ~

Daily Specials:

Beverages

H2O to the Rescue!

A tall, cool sparkling glass of water or ice water will refresh you!
(You're probably dehydrated and your brain, your blood and your very cells really need filtered water.)

Splish, splash! I was takin' a bath!

There is a therapeutic element to soaking in water verses taking a more stimulating shower.
(Everything on the earth also emits a vibration. The emotion of Joy is what's connected to water. That's partially why lakes, beaches, and water-fountains are nice.)

Appetizers

Get a Movin' and Groovin'

One of the most enjoyable ways to get energized is to dance! Kids will love it too!
(different styles of music truly can change the entire energy of the house. Don't forget classical when the kids are studying or working.)

Hug-a-bunch!

It's free and is one-size-fits-all! A tip? Do not attempt to release the hug until the other person involved does. Sometimes you may be surprised just how long your teenager needs a good hug.
(Stress studies can actually be measured with today's technology; and hugs do raise the immunity!)

Get Fired-up when you're Burned out!

A candle is a nice way to add an ambiance to any room. Its also aromatherapy too. Even better, go somewhere where you can light a campfire as a family.
(Sometimes the lights are glaring at home & public and need to be dimmed for over-sensitive people.)

Entrees

Rrrring-a-ling-a-ling!

Phone a trusted friend or family member to vent, chat, or even cry. You'll just feel better.
(Sometimes they see a new perspective and can help trouble-shoot some of your challenges and frustrations.)

The Pen is Mightier than the Sword!

Wait, before you go on a rampage and cut off someone's head – (like your spouse, or the school teachers or your doctor) – try another approach in a well worded letter.
(Don't underestimate this power. You may decide to mail it or burn it!)

Turn off the Idiot Box!

Try reading a book, put in good music, or do a puzzle with your kids.
(I'd compare television to the tale of the Pied Piper of Hamelin. We have become so lax and have allowed this to be our baby sitter. Now we are paying the price as American kids that are out of control!)

I Remember When...

Find a scrapbook/ photo album.
(Try and enjoy some positive past memories.)

When your "blood is boiling"... Raise your blood-sugar!

Sounds like you need to Eat! A little protein or a fresh fruit or veggies is the answer, not sugar, salty or carbonated snacks.
(Studies indicate we do better with replacing 3 big meals with 3 medium meals and healthy snacks between)

Call it a night!

Turn out the lights and go to bed. Sleep is overlooked at being a wonderful tool to manage your stress.
(Sleep studies indicate 95% of Americans are sleep deprived. If you are under extra stress, you and your family need more than ever!)

Desserts

Clear the Clutter!

We know that everything actually has an energy connected to it. There is a great weight lifted from a room after it's cleaned and tidy.
(Even if all you can muster is to clear off the nightstands, do it. You will sleep better and think clearer in the morning.)

Let the Sunshine In!

Sit in the sunshine and let its warmth melt some of your stress away!
(Sunshine is a great way to get those feel-good hormones secreting from the brain.)