

## Stress relief: Indulge Yourself With Soul Treats

When you're stressed, you can feel like a hamster on a treadmill, running faster and faster but staying in the same place. It's all very well for people to tell you that you should "look after yourself", but what does that mean? If you're working hard or are taking care of others, you may feel as if there's no time left for you, but it's vital that you take some time for yourself. At times when the joy has gone out of your life, it's time to put it back in, and you can do that by indulging yourself with some soul treats. Your soul treats don't need to be expensive you don't need to plan a world cruise they can be completely free, as long as they nourish your soul. Make a list of what makes you happy Soul treats are things which make you happy. They can be things you would like to do, or things which you used to do. Or, they can be things which help you to take care of yourself regular exercise, or daily meditation, for example. Make a list of what makes you happy. Your list can include anything and everything you can think of. Aim to make the list as long as possible: try for a hundred things. Call your list "100 Things That Make Me Happy." So, what makes you happy? If you're having trouble getting started, start by listing your hobbies or things you liked to do when you were a child. Perhaps the best time you can remember was when you went to the beach with your parents, so write "going to the beach". Now choose one item from your list to do or have today. Once you've written a few items on your list, you will realize that you can incorporate some of them into your life very easily. If the smell of coffee makes you happy, treat yourself to a coffee machine, or just buy some ground coffee and a coffee plunger, and use it. You will feel better each time you do. If you'd like to go on a trip to France, but it's out of the question at the moment, buy some CDs and begin to learn French, or improve your French. There are no rules to soul treats they're special to you, and only you know what they are. But there is one rule: indulge yourself in a soul treat every day, and you will find your stress melting away.

## About the Author

Liz Labrum is a Master Practitioner in Neuro Linguistic Programming (nlp) and hypnosis, and specializes in helping clients to relieve their stress and live their best lives. Visit <http://www.think-rightnow.com/> for more information on how to relieve stress and conquer burnout.

Source: <http://americanahost.com>