

## Ways to Pamper Yourself

Book It Get a book from the library and read. Take a bowl of popcorn, a glass of your favorite beverage and grab your book. Then lie in bed and read and eat. Enjoy your peaceful afternoon.

Take a Cat Nap Put on some warm fuzzy socks and curl up with your favorite blanket.

Soak Your Cares Away Buy some scented shower gel or bath beads. Draw a hot bath, light some candles and soak your cares away.

Keep Up Appearances Treat yourself to a fingernail polish at a salon. It's \$5, and then you'll get the additional boost from people telling you that you have great hands and nails.

Great Music Turn off the lights, sip your favorite drink while listening to your favorite music.

Do an Expensive Thing Inexpensively Treat yourself to the twilight movie (between 4pm and 6pm). It's cheaper than other times of the day.

Give yourself a pedicure Pretty toes make a world of difference. Soak your feet in a basin of warm water before decorating those nails with your favorite color. If you have some extra time, give yourself a foot rub before you polish!

Keep It Simple Try to take a little time each day to be quiet, difficult, but it can be done. Just sit and reflect, and enjoy the luxury. Pamper yourself by congratulating yourself and acknowledging your achievements. We need to do this, as the self-esteem takes a battering from time to time and you can pamper yourself anytime you feel the need.

Call a friend Think of it as free therapy, a chance to talk about yourself and what's on your mind without fear of judgment but *with* the support of someone who loves you.

Star Gazing Take a blanket outside, grab a thermos of hot chocolate, bring a map of constellations and see how many you can find.

Write It Down Put your thoughts into writing and release. Make an attempt at poetry.

Reflect on Old Memories Take out your memory box or old photo albums and reminisce the past.

All In Good Company Invite friends over and have a potluck house party. Play board games, watch a DVD marathon or simply talk and have some interesting conversation.

Movie Marathon Re-watch a feel good movie in your home video collection.