

Relax.



Photo: Shmel/Dreamstime

Massage creates stress relief, relaxation, improved posture, circulation and flexibility, lower blood pressure, relaxed muscles, headache relief, and a strengthened immune system.



Photo: Inga Ivanova/Dreamstime

Take 5 minutes to close your eyes and visualize a peaceful, calm place.



Photo: Altaoosthuizen/Dreamstime

Avoid compassion fatigue by taking a long, relaxing bath or if you do not have the time, wash your hands under warm, soapy water for a few minutes . You will be amazed at how soothing it will feel.

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