



Breathe in freedom. Embrace the adventure. Savor sisterhood.

## **9 SECRETS TO HELP YOU CRUSH STRESS**

1. Timeouts aren't just for naughty kiddos.
2. Contemplation entertains possibilities.
3. Rejection hurts, doesn't kill.
4. Childlike play pushes the reset button.
5. Awe trumps anxiety.
6. Patience is not natural but necessary.
7. Perfectionism paralyzes.
8. Comparison kills.
9. Bustin' a move liberates.

