

# 1. RETAIL THERAPY DOESN'T WORK.

Today's must have is tomorrow's bin filler.

# 2. HAVE A LAUGH.

Laughing lifts the spirits and that's good for your health.

# 3. TAKE A DEEP BREATH.

Breathe slowly in and out. Your anger will float away.

# 4. COLOUR YOUR CHARACTER.

Shut your eyes and think of relaxing colours, such as pale blues.

# 5. TRY A LITTLE YOGA .

Yoga or slow movement exercises can help you feel more settled.

# 6. MAKE MUSIC.

Listening to calm music can free the mind.

★ ★ ★ **COOL IT** ★ ★ ★

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