



Play some music! Choose a song that soothes or inspires, but if you want real refreshment, make it a sing-along.

Bless someone. Bless another mom with a quick note or an e-mail of encouragement, you'll be blessed too.

Read. Read a devotion to kick start your day. Try the Mom's Devotional Bible available in the MOPShop at www.MOPShop.org

Harness the power of visualization. Close your eyes and take a mental trip to your favorite beach, or that café that serves the perfect croissant. Feel the sun. Taste the butter ... with the benefit of no calories.

Make a sweet treat just for you. Some fruit with yogurt, ice and juice in the blender makes

a great, healthy smoothie. For a hot drink, try a steamer with heated milk and a little syrup.

Stimulate your senses. Step outside into the grass with bare feet. Turn your face to the sun, the sunlight will boost your mood.

Get out your journal. No need for a long writing session, just quickly write five things for which you are grateful. It's the quickest way to change your attitude from stressed to blessed.

Move around! A short burst of jumping jacks, crunches or push-ups will give you a much-needed endorphin boost to get through the rest of your day.

Do absolutely nothing. Sound like foreign concept? That's precisely why you should try it. Let your mind drift. Invite the refreshment in.