



# The Sweet Life

## Easy Tips for Stress Relief, Part 2

By Stephanie Weichert

### ARE YOU BORED?

You might be if you're like most people. We get up and go to work day in and day out—the same thing over and over again. Sometimes it can seem a little like the movie *Groundhog Day*. So, how do you beat feeling blasé?

One way is to try something new. Here are a few simple, low-cost ideas on how to put a spark back into your step. Get ready to flex your mental muscles.

### GO LOCAL

Thinking about an inexpensive weekend trip or outing? Check out

what your city has to offer. You can find its official Web site by starting at [OfficialCitySites.org](http://OfficialCitySites.org). Here is a sampling of what I found: By clicking on Tennessee, I was directed to the official state Web sites. There, I dug a little deeper to find my specific city, where I discovered that Tennessee State Parks were offering special rates for villas, cabins and inns during the winter months.

### TAKE A CLASS

Does taking a painting class or a gardening seminar pique your interest? Turn to your local YMCA for some family-friendly fun at [.net/programs. There you can find programs for kids and adults alike, including scuba classes, sports programs, teen leadership workshops and arts programs. You can find the YMCA nearest you on its Web site. If you're new to the Y, ask about its military discount when you join.](http://ymca</a></p>
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### TRAIN FOR AN EVENT

You can help save lives while you exercise! Team in Training (TNT) is a nonprofit organization benefiting the Leukemia & Lymphoma Society. Whatever your sport, TNT offers training and fund-raising support and can connect you with events in your area.

### STUDY SOMETHING NEW

Join a book club. Check out [BookClub.meetup.com](http://BookClub.meetup.com) to find one near you.

### GET FIT

If you want to get in shape but are having a hard time figuring out where to start, try the fitness articles in past issues of *GX* magazine. You can download past issues online at [GXonline.com/pastissues](http://GXonline.com/pastissues). We especially recommend issue 4.1, which covers both diet and fitness. Look for Operation Back to Basics and Operation Diet Dissection.

### SET A GOAL

Goals can vary. You might set a goal such as taking the stairs instead of elevators whenever possible, or reading an inspirational quote every day. It doesn't have to be anything major, just something you might enjoy or benefit from.

### LEARN WHILE YOU DRIVE

Listen to books on CD in your car. This not only passes time, but helps you learn something new. Just don't forget job No. 1—paying attention to the road.

## GET READY TO FLEX YOUR MENTAL MUSCLES.

### COOK CREATIVELY

Into cooking? Tickle your taste buds with authentic ethnic cuisine. For ideas, check out [MyRecipe.org](http://MyRecipe.org). I found recipes for everything from Malaysian to German to Vietnamese dishes.

### RECONNECT

Call an old friend. You might be surprised at how glad they are to hear from you! **GX**