

FEELING FRANTIC? JUST BREATHE.

When was the last time you really paid attention to your breath? Are you conscious of how your breath affects your body and your peace of mind? If not, you may want to take note: the way you breathe can have a big impact on your physical and emotional health.

“Your breath is your anchor, your connection to the source,” says Kathleen Hall, DD, founder and CEO of The Stress Institute.® Dr. Hall says that the power of a deep, cleansing breath cannot be underestimated: “When we live our hurried lives, we breathe shallowly and quickly. When we rush we don’t breathe deeply into our lungs and fill them with air. We must have oxygen to feed our brain, our vital organs, and our body.”

To appreciate the way conscious breathing can make a difference in nourishing your body and mind, Dr. Hall recommends this simple exercise: inhale mindfully and deeply to the count of 1-2-3-4 and exhale to the count of 1-2-3-4. For more tips and information about managing stress, visit <http://stressinstitute.com>.



The Gift of Confidence

LINDA WATERS has a lot of experience in helping women develop the confidence they need to make positive changes in their lives through her work as a career coach. Now she has created an opportunity for women to similarly support one another—and cancer research—with the creation of Confidence Beads™, a collection of nine beautiful Italian Murano glass and sterling silver beads, each inscribed with a special message of inspiration. “The idea behind the beads is to help women to support one another in a fun and meaningful way,” Linda says. Those who wear the beads feel the sentiments deeply, cherishing the gift that expresses



a vote of confidence and love. In addition, they can feel good about wearing a gift that gives back: a percentage of sales are donated to Ovations for the Cure (ovarian cancer research and support) and New Hope (domestic violence prevention) organizations. For more information, visit www.confidencebeads.com.

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