

Suggested Therapies for Workaholics

Retail Therapy

This involves a trip to your local mall or shopping center where you window shop until you drop! Purchases are optional. Use this type of therapy only if you actually like to shop!

Massage Therapy

Needs no explanation, however, I recommend you not frequent any massage parlors but rather rely on certified massage therapists!

Music Therapy

This is an easy one. Find a really comfortable spot that is quiet and put on your favorite CD along with noise canceling headphones, if you have them. Then just drift away with the music! This includes those wonderful "nature sounds" CDs where you can visualize yourself at the ocean or near a waterfall.

Art Therapy

This therapy can take two forms: one is enjoying great art while the other is creating art. You might take a field trip to an art gallery and enjoy the works of others. If you prefer to make your own art, use whatever medium you like and create your own masterpiece. Clay, paints, fabric, scrap-booking, knitting, ceramics...anything that you enjoy doing will relax you.

Video Therapy

You'll need a TV/VCR or DVD player for this one. Select a movie that either makes you laugh out loud or makes you cry like a baby. Pop a batch of popcorn and pour a cool drink, then enjoy the show! Both laughter and tears provide good releases of pent up feelings and are very therapeutic.

Bibliotherapy

This is like video therapy but uses books instead of movies. It could include books on tape or books on CD as well. Check out a good mystery or romance novel, curl up on the sofa with a blanket and a cup of tea or hot chocolate and enjoy!

Relaxation Therapy

Relaxation means different things to different people, so you will have to decide your favorite method for this one. It might be sitting home alone while your children are out for the day. It might be taking a long bubble bath with some candles glowing. If you like cooking, you may want to bake something. You might try aromatherapy too. Whatever truly relaxes you is just fine.