

It's a beautiful day! Invite a friend out for a walk to enjoy the sunshine and fresh air; the peaceful sounds of the birds and the wind blowing through the trees. Or go for an aerobic power walk with your friend or by yourself. It's a well-known fact that exercise releases endorphins, the body's "feel good hormones" which can calm and de-stress you and generally help to change your outlook on life.

Curing the Blues



To accommodate your tiredness and the baby's demands on you, you may have to review what is most important to you and make some changes in your lifestyle. If you are a perfectionist who has always insisted that things be done the "right" way, you may find that you must relax your exacting standards a bit. If you suffer from inertia, it may be necessary for you to grit your teeth and force yourself to arrange for the rest, moderate exercise, and proper nutrition that are so essential for you and often so difficult to achieve. Realize that when you look your best, you are more apt to feel in control. Don't allow yourself to skimp on good hygiene habits because you are too busy or too tired. Dress completely every morning, do your hair and use whatever cosmetics you usually do. This is not the time to make demands on

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your strength and energy by beginning a reducing diet, however anxious you may be to get your figure back to normal.

Above all, don't try to bottle up your feelings in hopes they will go away if you ignore them. Talk about them with your spouse, your doctor, your mother, or a friend who has suffered them already. Be in touch, if only by phone, until life settles down.



Pamper yourself with a candlelit bubble bath, then prepare your favorite gourmet meal while sipping on a glass of bubbly white wine in one of your special crystal glasses.

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Cocoa-licious Spa Basket



Pamper them with the delicious scents of cocoa or vanilla and warm their senses with the two hot cocoa packets that we've also included in this spa basket. A cocoa colored tin pail holds cocoa hand lotion, cocoa body scrub, vanilla room spray, twelve vanilla cinnamon scented tea light candles and a pair of loofah slippers. This beautiful gift basket arrives wrapped in tulle with matching ribbons.

Price: \$ 70.00

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Every parent should get away from the routine of house and new baby on a regular basis, and this escape is even more important if you are suffering from post-delivery depression. Even a brisk walk around the block will help, when your spouse or someone else can care for the baby, but an entire afternoon or evening out occasionally will do even more for you. You need not feel guilty about going out for a few hours, as long as a reliable babysitter is in charge.