

Re: Another missing person nobody checked on

Re: Another missing person nobody checked on

Source: <http://sci.tech--archive.net/Archive/sci.med.transcription/2007-03/msg00847.html>

- *From:* "Phyllis Nilsson" <phyllisnilsson@xxxxxxxxxxxxxxxxxxxxx>
 - *Date:* Mon, 19 Mar 2007 10:48:08 -0400
-

Funny you should mention the bubble bath. That *is* something that I do for myself, and I hand piece quilts for my family and that is relaxing as well because there is no deadline for them to get done. When I had a three-week bout of bronchitis (two still up and alert, one down for the count) I got more rest than I've had in a long time. Unfortunately, it was Bror who was stressed for that week.

"Jeannie" <jwilson421@xxxxxxxxxxxxxxxxxxxxx> wrote in message
<news:Xns98F7CF1B3FB2Cjwilson421comcastnet@xxxxxxxxxxxxxxxxxxxxx>

"Phyllis Nilsson" <phyllisnilsson@xxxxxxxxxxxxxxxxxxxxx> wrote in
news:MMGdnWrRtfb4UGDYnZ2dnUVZ_qemnZ2d@xxxxxxxxxxxxxxxxxxxxx:

Thanks Jeannie. I'm going to have to try because I don't want to get grouchy. Its been over a year since I've had some time to even go to the library for some genealogical research (a favorite pasttime). Hopefully he'll be able to drive again by the end of summer. It would make both of us happier (you know how some men are about driving!).

I have found that even if you just take the time to take a bubble bath or something like that – paint your nails, something just for you, that it will relieve a lot of stress. If you don't baby yourself every now and again the stress can just get to be too much.