

Ms. Christine's Shopping List

Smell:

1. Essential Oils, \$5.00-12.00/each. Our favorites were lemon, lavender, and Clear the Air.



Please note: You don't have to get NOW brand! You can find essential oils at Walmart, Walgreens, Safeway, CVS, Rite Aid, TJ Maxx, Target and many other places.

2. Plastic spray bottle for misting (Walgreens, Walmart, Safeway, Dollar Tree, Lowes, Target, Rite Aid, etc.) - \$1.00-5.00/each. Add 5-6 drops of essential oil and water, shake and enjoy!



Listen:

Binaural beats on YouTube - FREE

Yoga radio on Pandora - FREE

Zen Garden on Pandora – FREE

App- Insight Timer - FREE

App – ENSŌ - FREE

App – Relax Melodies – FREE *our group used this App to listen to ocean waves

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See or Unsee:

3. Cooling eye cover - Dollar Tree \$1.00



4. Sleep mask or "Travel sleep mask" \$1.00-\$15.00; Dollar Tree, Walgreens, CVS, Bed Bath & Beyond, Walmart, Rite Aid



5. Virtual reality – Google cardboard – Best Buy \$4.99 *Requires use of a cell phone. For a list of Google cardboard compatible phones, go to: <https://www.maxboxvr.com/phones-work-compatible-google-cardboard>. On YouTube there are FREE 360 relaxation, beach and nature VR experiences. Search for titles such as "360 nature" or "National Geographic 360" or "beach relaxation VR."



Touch/ Feel:

6. Fleece blankets – Mainstay fleece throw blankets, \$2.50/each at Walmart



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Touch/ Feel, continued:

7. Large, plush stuffed animals – Kohls, Walmart, Walgreens, Grocery Outlet, Target, Dollar Tree.
\$4.00-\$20.00/each



8. Aihome Large Round Mandala Meditation Floor Pillows - Walmart, \$6.98/each. If this particular model/style is not available, look for any supportive pillow.



9. Black Mountain Products Deep Tissue Massage Ball with Spikes Combo - Walmart, \$6.77/each.



10. Yoga mat, Athletic Works – Walmart, \$7.97/each



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Taste:

11. Taking in a cup of tea can be deeply relaxing. Consider these caffeine-free teas to help relax and chill out. All featured teas are from Walmart.



\$6.90/3-pack



\$2.90/each



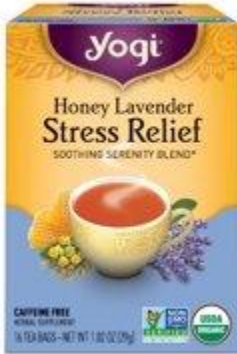
\$7.44/3-pack



\$4.24-\$6.25/2-pack

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Taste, continued:



\$11.94/each



\$2.32/each



\$5.62/each

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Taste, continued:



\$5.77/each



\$3.23/each



\$9.76/2-pack

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12. Built 20 Ounce Double Wall Stainless Steel Vacuum Insulated Tumbler – Walmart, \$7.94/each

*Carry you tea around like Ms. Christine 😊



Share these ideas and practices with family and friends. And always remember

You are worth taking time for.