



Last Day of Winter 2015

The stress and strain of constantly being connected can now and again take your health -- as well as your well-being -- off course. GPS For The Soul will let you find your way to balance.

GPS Guides are our method of showing you what has relieved others' stress hoping that you will be capable of identify solutions that really work for you. We all have de-stressing "secret weapons" that any of us pull out when in tension or anxiety, whether or not they be photos that relax us or make us smile, songs that bring us to our heart, quotes or poems that can cause a feeling of harmony, or meditative exercises that really help us look for a sense of silence and calm. We encourage you to definitely look at the GPS Guide below, For [more details](#) visit our other GPS Guides here, and offer us one's own tips for finding peace, balance and tranquility.



What all of us love about each season varies. Some love the climate, whether it is basking in the sunshine or playing from the snow; some expect the events, such as barbecues or family gatherings about the holiday dining table. No matter what season that suits you can [click here](#), each difference in weather has an nostalgic, olfactory reminder of the items makes it so appealing -- along with the upcoming winter isn't exception. Whether it's the scent on the crackling fireplace and the smell of peppermint, by far the most prominent winter aromas might contain some wellness perks.

Take serious amounts of celebrate the 1st official day of [first day of winter](#) on Saturday, December 21 using these calming, seasonal scents. Your stress level might just benefit from it!