

princesschronicles

April 2009

Spring is trying desperately to melt away winter around here and none too soon...

Here's the Thing...when winter goes on just a little too long we start to loose our marbles



just a little. Well, maybe a lot. The winter blues are not helped by clocks "springing forward" and leaving us in the dark again until later in the morning.

Patience is a virtue we tend to chuck out the window when it comes to yearning for spring. Funny thing is that some of us look forward to the cooler autumn days

but then we can't wait for winter to be over and done with. Are we ever happy with the weather?! Probably not. Mother Nature, forgive us our fickle tendencies. Just bring us spring anytime convenient to you please.

Princess Tess

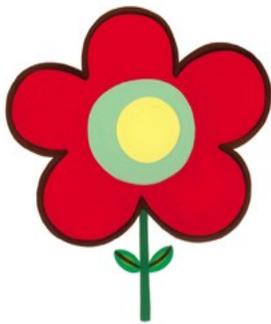
Yo yo yo...when was the last time you got up and danced for no reason?

Don't delay!

Get up now and dance a little jig.

Play your favourite song and get to it...you'll feel great!

Do you have enough plants or flowers in your house? The greenery will always lift your spirits if you are feeling down and should you be in a good mood, just seeing how well they are coming along will make your big smile even bigger. If you have several plants, good for you! If you don't have any then you need to get yourself some plants in a hurry. If you fear having plants around you because you are not able to look after them, don't worry...there are plenty of house plants that are able to live without much attention. Try bamboo or a spider plant. Also, a bunch of fresh cut flowers every week is a splurge well worth the effort and money.



Home Spun Spaahhh!

With spring and summer just around the corner we at the **Headquarters** absolutely must insist that you start investing in your arsenal of sunscreen for the year. Your skin is far too precious to leave at the mercy of the sun's rays. Please do not think you are above the use of sunscreen and that you must maximize your sun time. It's not worth it. Most importantly...don't age before your time! Make sure you have a great screen for your body and pick up a sun block that is specific for your face. We won't get into the fact that you should wear a hat. But you should. And if you can try to help it, don't lay out in the sun during the peak hours of the day! There's plenty of other hours in the sun to be had. Take a siesta or enjoy the bar while you wait to get back in the sun. This all goes for kids too...keeping them out of the midday sun is a good idea. Besides, it's usually nap time then which works out for everyone. Don't forget to moisturize too.



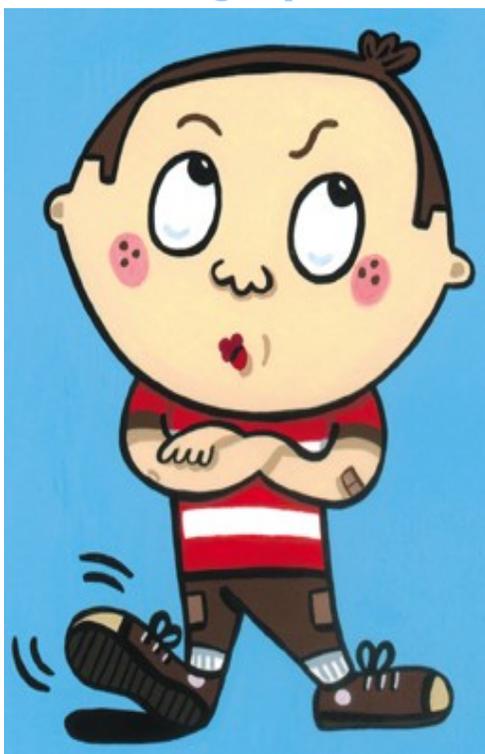
Oh the lengths we go to for our skin!

Have you ever taken the time to think about your top three most embarrassing life moments? You know, the ones you wish you could magically disappear!? It's always a very healthy thing to do. What you should do is think about the very worst moment, re-live the horror and then **laugh** and **laugh** and **laugh**! Some of us have more of these moments than others so you may count yourself lucky that you have only three scary moments in life you would like to forget!



Busy, Busy, Busy...

Are you the kind of person who needs to stay busy? Do you always have a project on the go or a book being read? As far as projects go...a project could mean anything from crafts to chores. In the end, they all need to get done. As far as we can tell, the need to stay busy is a pretty crazy phenomenon. Really. Think about it. Those of us who are slightly OCD about keeping busy are seriously only making life more



complicated in some ways.

If those of us who are on the "keeping busy bandwagon" even stopped for a quick moment to think about putting it in neutral we may wind up de-stressing for just a few minutes. We may even like it.

It's almost worth an apology to the rest of you who are simply trying to take it easy. We know you are the ones who are able to sit and relax. Sit for looonnng periods of time and really stop and smell the roses. Now just because the rest of us don't stop for as long as some of you, it doesn't mean we don't appreciate the roses as much.

The only thing we ask at the **Headquarters** is that those that ARE busy, please don't keep telling the rest of the world that you ARE busy. In general, we are ALL busy so try when asked "how you are doing?" to tell us something other than "Oh, I'm just soooooo busy." - we know already!

SHOCK someone tomorrow by telling them you have nothing to do. Do it. See if the person is mystified or simply confused. Probably not a great idea to say that at work though.

No matter what...no matter how much you fill your life with things to do...remember to keep living life to the fullest! Live every day with as much or as little to do but **ALWAYS** do it to your full potential. Don't let yourself down...go big **everyday!**

If you have a favourite colour, which most of us have had since we were very little, **PLEASE** make sure you wear it. Even if it's only your underwear! Wearing your favourite colour will give a good day an extra boost and a bad day a pick me up you will need to get through that day. Be as loud or as quiet as you like about your colour. Remember...it's **YOUR** colour!

For the Nature Lover!

If you like to see nature live and at it's best take a look at this website...

<http://www.hancockwildlifechannel.org/staticpages/index.php/OWL-DeltaBC-EagleNest>

You will see a momma bald eagle sitting on her eggs waiting to hatch. This eagle nest is in Delta, British Columbia, Canada. Hopefully by the time you are reading this the eggs haven't hatched yet!

You will actually be looking at momma no matter what

time of day it is...this is **really cool!**

Courtesy of: <http://www.hancockwildlife.org>



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