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## Articles by Consy Malasoma

### Ways to Reduce Stress in your Life

This month I want to touch on the subject of the “R” word. It has taken some time for us to grasp that we actually are in a recession and our belts need to be tightened up to weather the storm. Using the principles of Feng Shui there are actually tips that may ease your pain. So here are a few to think about and even apply in your daily lives.

**Keep the entrance of your home clear of debris.** This is especially necessary if you use a home office. Keep your entrance clear of debris, dead plants or dried plants in pots. Always keep your front door clean and free of dust and windows sparkling to allow as much positive chi into your home/life. If you park in your garage and use the side entrance, try to use your front door now and again. Look at your front entrance with a critical eye from the street, or hallway to see how “fresh” and welcoming it looks.

**Take unnecessary clutter out of your vehicle.** This may be a challenge for the mother with small children and all their toys, diapers, and snacks. As long as the oil prices are rising, any extra weight in your car, especially in your trunk will reduce your gas efficiency. Not to mention that a clean car makes for a safer trip. It is not unusual to hear of an accident caused by some distraction in the vehicle to the driver.

**Organize your bills and bank statements.** Keep current on your debt and set up a filing system to keep your records in order. Next year at tax time it will save you mega hours not to mention the benefit of keeping your records to use for write-offs (and hopefully a monetary return on your taxes).

**Keep the clutter at bay!** Keep your home free of stuff. Empty your refrigerator and give it a good cleaning from top to bottom. Refrigerators are one of the biggest energy drains in our homes so keeping the coils clean will save you on utility costs. Better yet, invest in an energy star refrigerator for energy efficiency and save even more money.

**Create a sanctuary in your home.** This is the best time to spruce up chipped walls, paint soothing colors on white walls and clear out any stagnant energy. At the most it will only cost you the paint and you can have a paint party to get help with the labor. You will feel much better afterwards and be better able to handle whatever difficult times come your way.

If you are a “packrat” then sort out those papers and throw out what no longer is serving you. Who knows? You may come across an unused gift certificate or savings bond you forgot about. I personally live with a paper packrat. One day I decided to organize his side of our office and came across a gift certificate I had given him over a year ago. Trust me, these things do happen.

And my favorite of all: take a deep breath, have gratitude for what is going right in your life. Contact a friend you haven’t kept up with and share a good laugh. Volunteer your time and energy to a cause or to a family you know in need. Put your fear and concern in a positive place where you feel good about yourself. Read my archived articles on this site to refresh the ideas to set intention or to clear your clutter. Keep moving in a positive direction and know that whatever goes down must go back up.