

Making Life Less Tense

Round-The-Clock Relaxation Remedies

(NAPSA)—Americans are constantly “on the go.” According to the National Human Activity Pattern Survey, research shows the average woman over the age of 18 spends most of her time driving and taking care of the children, which leaves little time to relax.

To help, Chrysler has partnered with recognized stress expert Dr. Erin Olivo to spread awareness about the importance of setting aside time for the body and mind to unwind.

“By taking mini-breaks throughout the day and practicing simple relaxation techniques, you can improve how you physically respond to stress by lowering blood pressure and heart rate, reducing muscle tension and strengthening your immune system,” said Olivo, a contributor to Oprah’s “Stress Management 101” on Oprah.com.

Here are a few suggestions:

- **Push all the right pressure points**—Massage the inside of your right palm with your left thumb in a circular motion. Repeat on the other hand. Then, find the sensitive spot in between your thumb and index finger, press deeply, hold for 10 seconds and release.

- **Reduce tension by creating a soothing environment**—Create a playlist with fun tunes or consider dimming the lights. For a refreshing ambiance, consumers can enjoy soft, greenish-blue halo lighting in the Chrysler Town & Country.

- **Consider “à la car” dining if your family is always “on the go”**—Relax with the Chrysler



Swivel 'n Go seating system provides a convenient table for eating “on the go” and helps families make time for healthy dinners.

Town & Country’s Swivel 'n Go™ seating system, which provides a convenient table for dinners “on the go.” Pack a well-balanced dinner for the car and children can eat a healthy meal in between after-school activities.

- **Laugh until the heart’s content**—For a good laugh, watch snippets from a funny movie, reminisce about an event that made you smile or pop in a stand-up comedy on tape or CD on your next road trip.

- **Build an extra 15 minutes into your schedule to prevent the unnecessary stress of running late**—Avoid bumper to bumper traffic with the 2008 Chrysler Town & Country’s unique MyGIG™ Multimedia Infotainment System. Available through SIRIUS Satellite Radio, MyGIG™ supports real-time traffic and can even provide re-route navigation based on current traffic patterns.

For more information, visit www.chrysler.com.