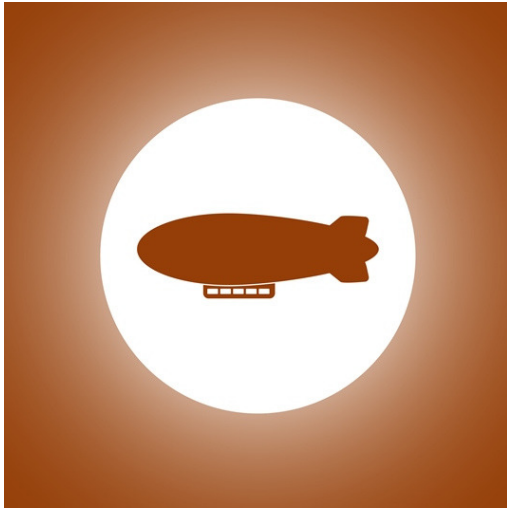




Tips to keep you airborne!



February 2017 - Ramble On



Led Zeppelin's Ramble On is roaring in the background as I type.

I know I can ramble on at times, much to my husband's 'amusement', so I've cranked up the volume on purpose to highlight the fact...to myself of course :)

My challenge, in this the month of love, is to morph into a micro blogger and to impart a juicy tip to keep you airborne in 140 characters or less. Less is more as the saying goes, so bear with me...

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Stress -> fight/flight. Did U know it releases oxytocin (cuddle hormone) so U reach out to others? Your mood ↑. NB follow your gut. Give Hugs. B stress resilient

Till next month

Here's to twittering on...

Caroline



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