

## 5 Things to Minimize Stress

1. Tabletop fountain The sound of water is relaxing.
2. Music I like the smooth jazz sound of Chris Botti and electric harpist Andreas Vollenweider.
3. Fresh flowers Fresh flowers enliven the chi.
4. Watercolor art I like water and flowers in art. It is important to enliven all of your senses.



PHOTO: EWA WOLTKOWSKA

5. Metal wind chimes The sounds need to resonate to the person, which is why I like the deep sounds created by these large chimes.

— *Melanie Stokes, owner of Intuitive Living and Feng Shui Organizing Solutions*