

100 WAYS TO REBOOT

by ChronicBabe

One of the fastest ways to reboot: **Listen to one of your fave tunes in your earphones.**

Just plug in and chill out. It's one of Editrix Jenni's most-treasured strategies.



It's time for you to get ChronicBabetacular. These 100 ways to reboot can help.

Each tip has a handy link to resources, science that backs up the tip, or just stuff we think is fabulous. There are LOTS of little hidden gems in here so get clickin' whenever you see something underlined. Now, go get your mojo back, babe!

- XO, Editrix Jenni Prokopy
& the ChronicBabe team
(especially Michelle Pizzo
& Tiffany Smith)

1. Meditate. Ommmm. Here's [some meditation music](#) to help clear your mind (prepare to get mellow).
2. Sink into a warm bath. [Bath & Body Works](#) has frequent sales on great bubbles and fragrances (and if you live near an outlet, even better!)
3. Fiddle away on a guitar, or your favorite instrument. Here are [some tabs to help you play your favorite tunes](#).

- Like *Teenage Dream*, perhaps?
4. Paint your nails. Here are [a bazillion cute and outrageous nail designs](#).
 5. Read a magazine. We love [Bust & Rookie](#).
 6. Get rubbed! Get a massage. [The American Massage Therapy Association](#) has specific advice for many chronic illnesses.



"I've been living with chronic illness for more than 15 years. My life isn't perfect—far from it. But I've got a few tricks up my sleeve. The best one is simple: give yourself a time-out. A chance to refuel, to revive. To reboot. I believe in you. You can do it!"

- ChronicBabe Founder & Editrix Jenni Prokopy

p.s. If you have to write a reminder on your hand like a teenager, go for it. We won't judge.



Love yourself enough to honor your needs. Take a break. Refuel. Refresh. Revive.

20. [Go to the beach.](#) Just wear your sunscreen! And don't you dare pull that "I'm not bikini-ready" crap. Got a body? Got a bikini? Then you're ready, babe.
21. Schedule a babysitting swap with friends or family. [Use this tool](#) or do it informally.
22. Be brave: [Try a new restaurant.](#)
23. Veg out. Try watching one of these 73 [guaranteed-mindless flicks.](#)
24. Play a game. [There's a game for every girl!](#) Find your fave and share it with a friend.
25. Envision your ideal future. [Practice creative visualizations.](#) Editrix Jenni starts with a beachy scene...
26. Go shopping (or window shopping, if your budget is lean). [It actually has some benefits!](#)
27. Hydrate! [Drink a glass of water.](#) Your skin (and mind, body and muscles) will thank you.
28. Cha cha records FTW! [Listen to some records and put a smile on your face.](#)
29. Mmmmmmm inhale a delicious scent. [Aromatherapy](#) has endless benefits.

Give yourself permission.

Permission to veg out. Chill out. Mellow out.

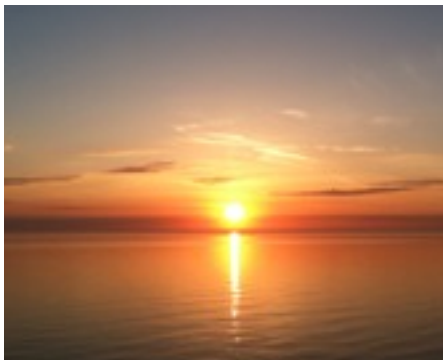
30. [Pray](#). Even if you're not "religious," a quiet, thoughtful moment focused on gratitude can work wonders.
31. Stop finding comfort in comfort food. [Gain control over emotional eating](#). Then: try one of these [20 fruit salad recipes](#).
32. Chirp chirp! Grab a guide from your local library and go try [bird watching](#).
33. Have [a glass of wine](#). Yes, ladies, a glass. Not a bottle.
34. Go to the library, where there are [60 ways to use your library card](#).
35. Plan a vacation; check out these [seven cheapo getaway ideas](#).
36. Call a family member. (Sometimes they drive us crazy, but you gotta love 'em!) [Family matters, after all](#).
37. Watch the [clouds](#) go by.
38. Be [crafty](#). Make it yourself instead of buying someone else's.
39. [Facebook](#) creep on old friends, sneakypants.
40. Hit the trail! Take a [hike](#).
41. Go to a [concert](#). Maybe headbang a little? At least a little head bobbing. There ya go.
42. Watch the [sun rise](#) or set. [Take a picture or two](#) if you feel the urge.
43. Go for a drive. We ladies [love our cars](#), too!
44. Have a [healthy snack](#). That's easy to make.
45. Play with those cute and cuddly [pets](#).
46. [Sing a song](#). Not a pro? It may not benefit your ears, but it will benefit your health!
47. Try a new hairstyle. Try different styles [online](#) before you do the real deal.
48. Go [fishing](#)... for actual fish, not compliments.
49. Daydream. There may even be a right way to [do it](#) to maximize results.
50. [Catch a game](#). Pun intended.
51. Go to the [theater](#). You'll laugh, you'll cry, you'll reboot.
52. [Volunteer](#). Helping others is also helping you!
53. Swing in a hammock. Find your cozy cot at your local [Home Depot](#). Or pester a lucky hammock-having friend!
54. Paint a picture. Try it [Bob Ross](#) style.
55. Go [boating](#). Ahoy!
56. [Cook a meal](#). It's better for your body and your mind.
57. Try a [change of venue](#). Whether it's out of state or just one more block away, it's a great way to gain perspective!
58. [Yoga](#). It's good for what ails ya, babe. Namaste.
59. Space out. [Zone out](#). Tune out. Whatever you call it, do it.
60. [Street fests](#) are the best. The people-watching! The funnel cake! The sun! The music!
61. There are many [benefits](#) of reading books. Here's a fat list of [Barnes and Noble bestsellers](#) to check out.
62. Tend to your garden because it's beautiful—and good for your [health](#). Learn from [Better Homes and Gardens](#).
63. Watch your favorite [TV rerun](#).
64. Get some [sun](#). Soak up that Vitamin D, but don't forget the sunblock.
65. [Play with kids](#). Tag, you're it!
66. Create a smile with paper, otherwise known as [origami](#).
67. [Ride a bike](#). Here's a fabulous [Queen](#) song to motivate you.
68. Journal. There are at least [100 benefits of journaling](#). Whoa. Now, that's something to write about.

- 69. [Blow bubbles](#). Kids, Oprah—even monks do it!
- 70. Redecorate. Here are some [easy decorating ideas](#).
- 71. [Play in the park](#). That's why they're there!
- 72. Swing on a swing set. [Swinging](#) can be a form of therapy.
- 73. [Try some deep breathing](#). Inhale... Exhale...
- 74. Go to a [party](#). Be a social butterfly! Here are some tips if you're [going solo](#).
- 75. [Skype](#) with someone far away. It's nice to see a friendly face... and for FREE.
- 76. Host a home spa day. [Ladies' Home Journal](#) has some cool ideas.
- 77. Rent a DVD (or watch one from your collection). Check out [Redbox](#) or [Netflix](#).
- 78. Let's go [fly a kite](#). Up to the highest height. Here's [how](#). Invite some friends, too!



How will you get the support you need so you can reboot? Get your friends and family involved, and make it part of your daily life to max out your results.

- 79. Date night! The Nest has [100+ Great Date Night ideas](#) for ladies in every situation.
- 80. Put on your [skates](#) and go! Maybe this [song](#) will help get you rolling. (But good gracious, please wear a helmet so Editrix Jenni doesn't worry.)
- 81. Go see a [blockbuster](#)—in the middle of the week for a [discount](#).
- 82. [Ditch your technology](#). Enjoy the outdoors!
- 83. Try some [acupuncture](#). Don't let the needles freak you out.
- 84. [Sit up straight](#). It boosts comfort and prevents future back pain.



One of Editrix Jenni's favorite ways to reboot is to stare out at the water. Try it sometime.

Benefits of rebooting: Mind. Body. Soul.

There are times when we just need to start fresh. Maybe we've had an incredibly long day (or long month, or long year). Maybe we're just plain tired.

No matter the issues that brought you to need a reboot, the benefits are clear: When we take time out to rest our minds and

bodies, we're likely [to be more productive](#).

We're also more likely to be [physically healthy](#) when we take breaks to meditate.

Taking naps can help [make us more alert](#) and prevent us from making mistakes or accidents.

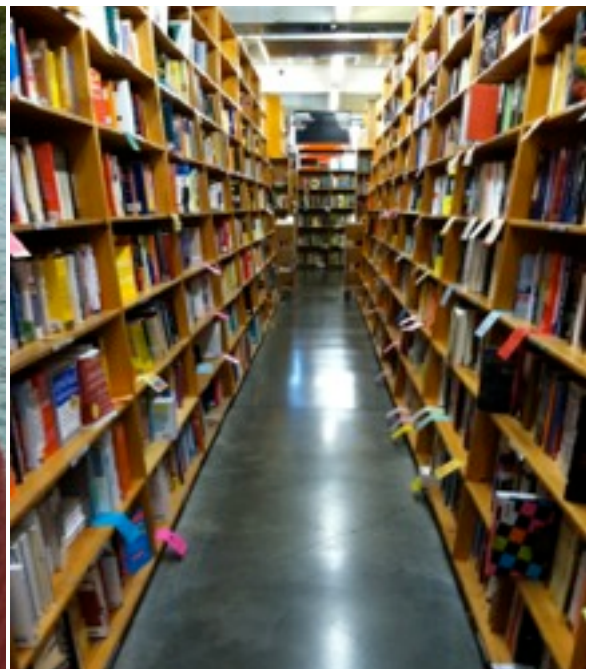
Taking a break is natural. It's just plain good for you. Reboot today.

These 100 tips are just the start. Use them as a basis for more ideas.

85. Stop and smell the flowers! Find a [botanical garden or arboretum](#) near you.
86. [Laugh](#) out loud. After all, [laughter](#) is the best medicine.
87. Hug someone nice. Express affection and [improve your health!](#)
88. Learn a new language. Here are some [free lessons](#).
89. [Pay it forward](#). What goes around comes around!
90. Write a letter. Here are [22 reasons](#) why you'll be better for it.
91. [Learn a new word](#) every day. Expand your vocabulary! (Start with [fizgig](#), which in 1913 meant a "flirting girl.")
92. [Chew minty gum](#). It does more than just make your breath minty fresh!
93. Knock things down while laughing with friends. [Go bowling](#).
94. Clip coupons. [Here](#) are some from The Interwebs.
95. Make a new long distance friend—an [international pen pal!](#)
96. [Get some alone time](#). Don't let anyone tell you it's no good!
97. Take a visit to the past. [Enjoy a museum](#).
98. Raise your hands and [scream](#) with delight. Ride a [roller coaster!](#)
99. Expand your creativity: go to an [art show](#).
100. [Climb a tree](#). Then climb down very carefully.

Everyone has a favorite way to take a break. Editrix Jenni enjoys reading a book; you may prefer to read a blog. She likes to dance in the kitchen to Björk; you may prefer to boogie to Lady Gaga. The details aren't important. Retool any (or all) of these tips to fit YOUR unique life.

Have some tips we missed? **Shoot them our way** and we'll add them in to the next edition.



Links! We got 'em. Some people need complete URLs.

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2. <http://www.bathandbodyworks.com/family/index.jsp?categoryId=4191839>
3. <http://www.ultimate-guitar.com/>
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Links! We got 'em.

Some people need complete URLs.

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Links! We got 'em. Some people need complete URLs.

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