**5 Ways To De-Stress While Grocery Shopping**

By Nichole Magoon

My To-do list never seems to be fully completed and with every new item added, “me” time moves further and further down the list. For all you busy moms out there, I’m sure “me” time is few and far between but re-stocking the food supply seems like a constant, reoccurring task. Here are a few simple ways to grocery shop and pamper someone special at the same time—you!

**Shop By Yourself.**

If possible, leave the kids at home or do the shopping before you pick them up. Use this time for yourself and allow yourself to focus on the items you need to purchase. It may still be a household chore, but any time to yourself allows you to recharge and de-stress. Can’t leave the kids at home? Check with your local grocery store—some stores offer a free childcare center. If you can’t leave the kids, try making shopping fun with grocery-related games, like these ones here. http://www.raleys.com/www/feature/dietitian.jsp?featureid=969858

**Listen to music**.

Nothing puts a little pep in my grocery shopping step then fun, upbeat songs on my iPod. Or, maybe you prefer soft, soothing sounds as you saunter down the aisle. Either way, listening to music can be a great way to boost your mood and block out other shoppers around you. Make a fun playlist or listen to your favorite tunes while you shop.

**Indulge.**

Reward yourself for all your hard work—indulge a little! Try the free samples offered; after all, that’s why they’re offered! No free samples to be found? Try the deli or bakery. Many times, you can snag a free deli meat sample or a free cookie. If that doesn’t work, purchase a small treat such as a gourmet chocolate and enjoy it on the drive home.

**Smell the Coffee**

 I don’t know about you, but the coffee and tea aisle is one of my favorites when I’m grocery shopping. Not only do they smell wonderful, but some studies (http://www.insidershealth.com/article\_print/quit\_drinking\_coffee\_and\_start\_smelling\_it/1359)have shown that smelling coffee beans might make you more alert and help you de-stress.

**Laugh.**

Laughter really is the best medicine. Sure, there aren’t comedians standing by in every aisle, but there’s one place to get a few good chuckles—the card aisle. Spend a few minutes browsing the humorous birthday and other event cards and let out a laugh or two during your grocery shopping. It’ll make you smile and hopefully help you to de-stress.

These are just a few ways here at Social Grocery that we turn a task into a treat. How do you turn grocery shopping into personal time?