

10 Things

I Do to Relax After a Hard Day

1. Hug my twins. “Nothing helps me forget a stressful day more than receiving a big bear hug along with a ‘Mommy’s home!’ from my 4-year-old twin daughters the moment I walk in the door.”

2. Exercise. “I find that the adrenaline rush resulting from any form of exercise is a great way to clear my head and prepare mentally for the next day’s challenges. As a family, we swim once a week in the winter and bike nightly in the summer. I also play competitive volleyball weekly and enjoy running periodically.”

3. Laughter really is the best medicine. “From time to time, I enjoy watching a mindless sitcom. My favorite is ‘The Big Bang Theory,’ probably because I tend to be a bit of a geek and love to laugh at those things that make us all human.”

4. Peace and Calming Oil. “I swear by this stuff. In the past two years, I have become an advocate of using essential oils to combat everything from headaches to stress. I apply a dab on my drive home so that I am ready to relax with my family.”

5. Read a Book. “I am an avid reader and after putting my daughters to bed and finishing any pending work, I will end the night by reading for an hour or so. My favorite authors are Ayn Rand and James Michener, but I am also a sucker for Dr. Seuss!”

6. Garden. “I learned to enjoy gardening from my mom while growing up and my first job in this industry was as a groundskeeper. I still find pulling weeds, trimming bushes and mowing the grass relaxing and visually gratifying.”

7. Take a Bath. Let’s face it: Julia Roberts had the right idea in ‘Pretty Woman.’ Few things can compare to a hot bubble bath accompanied by a glass of red wine and your favorite music playing on your iPod.”

8. Paint. “Now that I have children, I no longer have a lot of spare time for my passion, but once in a while, I am still able to sit down and oil paint. The creative process allows me to lose track of time for hours and forget all my troubles.”

9. Cook. “I have always loved to cook, and my first job was as a prep cook in a family restaurant. To this day, I am at peace while making homemade spaghetti sauce or chili from scratch, or ‘cookies for daddy’ with my girls. The trick is not eating everything I make!”

10. Share Experiences. “Rehashing unusual situations from the site level with a coworker is therapeutic. Whenever I think I have ‘the situation of the day,’ I usually find that someone else has had the same or a worse situation happen to them recently. Once someone else has shared your experience, it reduces the negative impact on your psyche.”



Sharisse Myren with her twin daughters, Libby (left) and Abby.

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If you would like to be considered for a future *End Points* column, please contact Kerry Sullivan at 703/797-0678 or kerry@naahq.org.