



Q&A

## Deep Breath

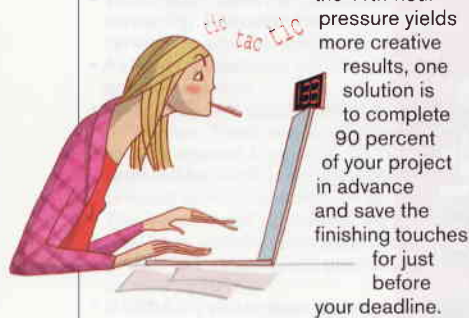
By Ann Cotter

### Done Deals

I put everything off as long as possible, which is very stressful. It works for me, but is all that stress bad for my health?

—Elizabeth C., Seattle, WA

If your procrastination habits include frequent last-minute freak-outs—which can trigger a cascade of the stress hormones adrenaline and cortisol—your health could be at risk. Continual exposure to high levels of these biochemicals can lead to decreased immunity, fatigue, and weight gain. If you feel that



### No Shower Necessary

I've been undergoing fertility treatments for a year and am tired of attending everyone else's baby shower. How do I deal?

—Mary S., New Hope, PA

Your feelings are completely natural. My suggestion: Skip the shower, if possible. If it's a close friend's, explain why you won't be there and schedule a lower-key celebration for just the two of you. If it's an acquaintance, feel free to decline without explanation. Either way, be sure to send a gift or a card ahead of time and treat yourself to a spa treatment, movie, or lunch with a friend instead.

### Premenstrual Solutions

Are there natural ways to deal with the fatigue and bad moods that strike before my period?

—Jane L., Morristown, NJ

Try this recipe: aerobic exercise 30 minutes a day, three times a week for at least the 2 weeks before your period (all month is better, but half that may do the trick), and a daily multivitamin—at least 1,000 milligrams of calcium with 400 to 800 IU vitamin D, 500 milligrams of magnesium, and a B complex. Studies show that B6 decreases PMS symptoms, but a B complex, which provides all the B vitamins, is even better for complete nutrition.

**Womenshealthmag.com/deepbreath** Ask us about life, Dr. Cotter is the medical director of the Atlantic Mind/Body Center at the Morristown Memorial Hospital in New Jersey.



## hot dates

» Five great tools to satisfy your inner taskmaster

A PLANNER should not be (a) your largest piece of wall art; (b) plastered with pictures of Persian cats (at least until your pension plan kicks in); or (c) a collage of Post-its. You want simplicity, portability, and, above all, something that makes your life easier—whether you're a pen-and-paper gal or a techie, a meeting-happy exec or a social maestro. We've scoured the market to find the best new organizers, whatever your style.

### For the list maker

**1** | Luddites, rejoice! **CrossItOff .list** is simply a ring binder—but what a ring binder. One section has lined paper that's perfect for lists, last-minute bright ideas, and meeting notes. Another has sticky tabs you can use to pass off (er...delegate) work, complete with carbon copies for tracking slackers—be they your kids or your interns. \$10, [getbuttonedup.com](http://getbuttonedup.com)

### For the gadget fiend

**2** | If you're a slave to your cell, you'll appreciate the organizational Zen that comes with the new all-in-one **Palm Treo 700p SmartPhone**. It's got wireless e-mail, text messaging, Web browsing, and a calendar. Take photos, listen to music, and watch streaming (albeit tiny) TV. \$300, [palm.com](http://palm.com)

**3** | If you like your gadgets simple, the **Palm Z22** is a small wonder. Store addresses, appointments, phone numbers, and photos; even keep a journal.

Enter all the info using the handy touch screen, or sync it up with your computer. \$100, [palm.com](http://palm.com)

### For the back-to-basics type

**4** | A vinyl cover guards the checkbook-size **Whomi Organized Agenda** against pinot accidents and sweaty palms. It includes an at-a-glance monthly calendar as well as individual pages for each week, with boxed-off areas for penciling in A.M. and P.M. engagements. \$28, [mywhomi.com](http://mywhomi.com)

**5** | Since the days when all your guy pals owned a Spuds McKenzie T-shirt, Filofax has hidden its organizational goodness in bland-as-tofu packaging. No more. The new twill-covered **Personal Eden** planner includes all the traditional accoutrements—ringed pages for addresses and appointments, credit card pockets, and, of course, the trademark ruler/page marker—but adds a cute botanical-inspired theme. \$35, [filofaxusa.com](http://filofaxusa.com)

## Three free Web options

### Track the family

Coordinate your crew's schedules with the downloadable **MediaBee Dashboard Planner** ([mediabee.com](http://mediabee.com)). Set up a calendar for each family member, add chores to your guy's to-dos, keep a food diary, get directions, print out store coupons, and more.

### Track your social life

Smarty-pants program **Google Calendar** ([google.com/calendar](http://google.com/calendar)) recognizes events mentioned in e-mail messages and lists them to the right of your Gmail window—you can add them to your calendar with a quick click. Access your calendar online or set it to ping your e-mail or cell with reminders.

### Track to-dos

Save a forest. Store your millions of lists on **Ta-da List** ([tadalist.com](http://tadalist.com)), an access-anywhere Web program. Track your progress on holiday thank-yous or workouts you want to fit in before Saturday. Click Reorder and up-and-down arrows pop up so you can easily reprioritize—no eraser required. Click Share to e-mail a grocery list to your sweetie.

