« back

Relaxing Rituals for Busy People

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The stress of the day can take its toll on all of us, whether you are a CEO of a big company or a housew chores to handle.

It's time to manage all that stress and get your relaxation on!

With the help of relaxation consultant Darrin Zeer, you'll kick that stress habit in no time. The followin Zeer's new book, *Everyday Calm: Relaxing Rituals for Busy People* (Chronicle Books).

Wake Up Wisdom
Try to spend a calm moment before jumping out of bed and starting your busy day. Taking the time to s start your day on the right foot. In this exercise, focus on gently relaxing your mind and body:

1. Lie flat on your back and take a few breaths.
2. Notice any areas in your body that are sore or tense.
3. Gently raise your knees to your chest.
4. Wrap your arms around your knees and breathe deeply
5. Let your knees slowly drop to one side.
6. Enjoy the stretch in your back and hips.
7. Take your time in the stretch, then switch sides.
8. When you're ready to get out of bed, slowly roll to your side and push yourself up with your hanc

Motivational Mirror Session
Stand strong and flex before your mirror. Fill your lungs with air. Shake your head or body if you can't yourself a pep talk before launching into your day and you'll receive and instant boost. For better or wo "you" you've got today! Check in to see how you are doing.

What is special about today? What challenges lie ahead? Any final words of encouragement? Try repea will calmly conquer the world." Or make up a motivational phrase that is appropriate for you. Attach a reminder to the bathroom mirror.

Doorway Discipline
Before you touch that doorknob, avoid unwanted stress by making sure all important items are packed this extra minute may save you hours later. Before stepping into the vast unknown, go through this fina

1. Have I got my keys, watch, wallet and cash?
2. Do I know how to get where I am going?
3. Do I need to mail any letters or return library books (or even video tapes/DVDs?)
4. One last look to make sure all is in order.

Take a deep breath, step out, and have a great day!

Tropical Urban Oasis
Slip out of your day and have a tropical fruit juice fix. When you are squeezed for time, juice shops offe and an upbeat atmosphere. Add all the extras for a much-needed energy boost. For smoothies, ask for re frozen yogurt. If you are feeling adventurous, order one or two shots of wheatgrass juice. As a chaser, o orange juice mix.

Make sure you sit down for this one, as you may feel a slight body jolt. Wheatgrass packs a punch with vitamin C and a long list of nutrients to help detoxify and recharge the body.

After Work Window Gazing
Take window shopping to another level. After work, go for a stroll down your town's main street. Let y and soak up the sights and sounds of the neighborhood. Step by step, relax and breathe. To disengage y work, notice the latest styles and colors in each shop window. Let the sights and sounds soother your te nothing but walking and window gazing. By the time you return home, you will be feeling renewed and and family.

Rub-A-Dub Yoga in the Tub
Take a step into the relaxation zone! Schedule a meeting just for you, your bath salts and your bathtub. lavender essential oil for a relaxing aromatic touch. Dim the lights, light the candles and stop the action tension away:

1. While sitting in the tub, brace your hands underneath your calves.
2. Place the soles of your feet flat against the end of the bathtub.
3. Gently lower your upper body into a forward bend.
4. Let your head drop forward and relax your neck muscles.
5. Breathe and relax into the stretch.

Be patient with yourself; peace and relaxation will arrive.

« back

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