

e-Thoughts - What's your relaxation?

June 2014 Newsletter



Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

Relaxation is a unique and personal thing. For some, relaxing can mean stretching out on the couch and taking a nap. For others, it might be running in a physically demanding race. Is one right and the other wrong?

Not at all. What relaxes me may be totally different from what relaxes you. The point is to make time to do whatever it is.

I take relaxation timeouts once or twice a day. They only take a few minutes.

I try to let go of whatever I was thinking about or doing beforehand. I put aside thoughts of what I plan to do later. In other words, I "empty" my mind as much as possible. I focus on my breathing and letting my muscles release tension.

Afterward, I feel recharged and ready to take on the rest of my day. So do yourself a favor and make relaxation breaks a part of your everyday routine. I bet you'll feel recharged too!