

HEALTHFUL TIPS



Time to Pause

Learning to Let Go and Practice Peace

The constant activity and distractions of our lives can leave us depleted of energy, direction, balance, and priorities. It's a balancing act to meet all of the demands in our lives, and we often leave quiet reflective time out of the equation. We tend to run on auto pilot without the insight that comes with taking time to pause, reflect, dream, plan, and simply be. So, just how do you find time away from the crazy pace of life?

Here are a few ideas to get you started. Hopefully, one or two will work for you and you will find a calmer, more inspired life through taking time to pause.

Surround yourself with nature's beauty and take it all in. This could take the form of a vase of flowers, sitting on a park bench, gazing at the night sky, watching a sunrise or a sunset, or watching snow fall.

Think through with gratitude all of the things in your life that bring you happiness, security, love and joy.

Take a bath by candlelight.

They say music can soothe the soul. Use calming music to help you relax and inspire creative thoughts.

Breathe deeply and slowly, focusing on your breath. Close your eyes and experience the air going into your nose, down to your lungs, filling your lungs and then being exhaled. This helps to pause your thoughts and slow down your body.

Be aware of living in this moment, taking in the sights, sounds, smells, feelings — not worrying about the past or the future.

Spend regular time assessing what is working in your life and what is not. Use your introspection to choose a path to make your life healthy and successful.

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