

# Productive Relaxation

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Who says relaxation is not productive? Oftentimes, we feel guilty for relaxing and this keeps us from allowing time for ourselves to slow down. Humans need rest and recharge for the body to destress from our day, our lives, or our job. In our society, value tends to be placed on how busy we remain with no acknowledgement of the toll mental fatigue takes on our bodies.

We may feel easily agitated, anxious or sometimes even depressed when overexerted to the point of mental exhaustion. There are some techniques that can be used to rest your mind without stopping your body. Try one of these or all of them to take that needed moment for yourself.

- Get Outside ~ so many of us are confined to a computer, office or electronic device of some sort. During lunch break take a short walk around your building, up or down the stairs, or simply take a walk around your floor. Clear your mind, focus on your breaths and release stress from your shoulders to your feet
- Take your pet for a brisk walk. Spending time with your furry friend is a natural stress reliever. You will both benefit from the outdoors and the exercise.
- Use your electronic device to help you unwind. Tune your computer or device to soft nature sounds, classical or Zen station. Set your timer on your phone for 5 or 10 minutes. Close your eyes, focus on the sounds and take a much needed, adult, time out.
- Wherever you are step away from the desk, table, computer. Stand up, close your eyes, breathe in deeply and hold it for 4 seconds. Slowly breath out while counting to 4. Do this ten to fifteen times bringing yourself to a place where you find comfort and tranquility