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PRINTER FRIENDLY VERSION

SEND TO A FRIEND



Take a Pause

3 ways to step back from the festivities and grab a moment for yourself!

By Melissa Walker

IF YOU'RE WONDERING how you can possibly squeeze in some "me time"—with all of the visiting and entertaining this time of year—it's likely that you really need some of it, says Bill Cole, founder of Procoach Systems, a company that helps CEOs and celebrities balance hectic schedules. Alone time is like a reset button—you need it to refresh and regroup. Cole suggests that you remind yourself, "If Mama ain't happy, nobody's happy," and take 20 minutes for yourself each day. "At first you might feel conflicted about stepping away from the hubbub," Cole warns. "But after you've had some quiet time, you'll operate at your peak and you'll help others do that as well." Here, simple ideas for those precious moments.

**1. Go on, nap!**

A little snooze can be a refreshing break—except when it leaves you feeling more groggy than when you started. Set an alarm clock to wake you after 20 to 40 minutes—that way you'll have just enough time to rest without entering deep sleep. And log your pillow time optimally between 2 and 5 p.m.—any later and you may jeopardize your nighttime sleeping, says Helene Emsellem, M.D., author of *Snooze...or Lose!* If you can't fall asleep right away, don't stress. Lying down and clearing your mind is a precursor to Stage 1 sleep, which is similar to meditation.

2. Walk this way

Try a walking meditation. Here's

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how: Wander without a destination in mind so that you're not measuring your progress, says Charles MacInerney, a registered yoga teacher and founder of Expanding Paradigms in Austin, Texas. Move at a slow pace and consciously notice the physical process of walking. Next, pay attention to your breathing: Breathe in for a few steps, then breathe out for a few. Focus your thoughts by repeating a mantra like "Breathe in, breathe out," or perhaps a favorite quote.



3. Pen yourself in

Treat your alone time like a doctor's appointment, something that is not optional. Put 20 minutes each day on your calendar or in your daybook; hang a "Do Not Disturb" sign on your door. Then use that time to do a puzzle, read a chapter of a book or daydream. Or make a list of things that you long to have time for, whether it's taking up painting or going on vacation. (Create a personal wish list at backpackit.com.) Now use your daily alone time to plan ways to make those wishes come true.

how do you get rid of stress?

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Posted by : RHONDA10
Wed, Dec 05, 2007 | 09:36 AM EST

I like to sit down and reflect on the year and see if I'm pleased with how its turned out...hopefully I can learn from mistakes and make the following year better for myself and my family.

Sheryl Crow
Detours

Features the singles

"Love Is Free"

&

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