

Have Fun and Stress Less!

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July 2008



Summertime in Long Island for most people is a special reconnection with nature, and taking “it” a bit easier. I come from a personal and professional perspective encouraging everyone to enjoy natural surroundings, even if it’s taking the laptop outside. We all need time to rest, renew and have fun. Here are a few tips~

- **Take frequent joy breaks:** a walk, call a friend, have a snack, rest, exercise, stretch/yoga/t'ai chi, read a chapter in a novel~ **outside** when possible.
- **Reassess priorities** throughout the day/week and give yourself permission to change them.
- Shop and travel **during the least crowded times**, on the roads less traveled.
- **Buy yourself a present...** the one no one will think of getting you!
- **Breathe!** Pause and take 3 cleansing breaths to temporarily disperse tension, rest, focusing on your breath for a longer stress reduction session. Breathe in through your nose, abdomen expanding, then the chest. Exhale through your nose or mouth.
- **Exercise.**
- **Spend time in nature.**
- **Take an imaginary vacation.** Think of somewhere you’ve been very relaxed and use sensory imagery to be there.
- **Take a real vacation~**
- Get **enough** sleep.
- Eat and drink **mindfully**.
- When someone “gets your goat” **smile** and say, “thanks for sharing!” and **walk away** when you can.

Have a balanced and powerful day...SOAR!

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