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Your Built-In Natural Healing Response

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Everyone knows that we look and feel our best when we are well rested. Isn't it interesting to learn that nature has built a natural rhythm of activity and rest into all of us. This rhythm is called an ultradian rhythm because it takes place many times a day. It naturally and normally occurs about every hour and a half to two hours.

Notice while you are working when you begin to get tired and lose your mental focus, begin to make mistakes, get irritable and maybe even have accidents. It is a popular theory and actuality that most accidents are due to "human error." Most human error is due to fatigue—not getting enough sleep at night or not taking appropriate breaks throughout the day. Most human error accident by pilots, train engineers, truck drivers and you and I are due to lack of attention, essentially a state of stress and fatigue. We must learn to recognize this message our body and mind sends us, acknowledge it and take a rest



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break. If we continue to ignore this message we can experience more and more stress until we actually become ill.

When you learn to recognize your need to take a break you can convert your stress into what is known as the ultradian healing response—it is that wonderful feeling of comfort and well-being that you naturally have when you are tired and give yourself the benefit of a well deserved break.

You may wonder how taking a break every couple of hours would relate to your health and healing. In the past few years, an entirely new way of understanding what stress actually is has developed. Stress is nature's way of telling us we are getting too high on our stress hor-

mones (i.e., cortisol, adrenaline) and that we need to take a healing break. If we don't we may fall into the pit known as the ultradian stress response.

Taking a healing break allows our minds and bodies to recover—it is more than just a luxury to feel good. Your mind and body needs a chance to build up its internal supplies of available energy—to clear up the backlog of unfinished business and gear up for another hour or two of good work, play and health.

Taking advantage of the ultradian healing response allows you to optimize your health as well as your performance and activities.

During a usual work day, we can expect to experience four or five periods when we, are at our best in making decisions, planning and doing whatever we have to do. We must identify these periods of time. The idea is to work smarter, not harder. Taking a break every couple of hours or so allows the mind and body to catch up with itself and create the ideas and energy that we need in order to optimize the next work period.