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Tips To Feel Energized, Good, Happy and Relaxed

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Do you:

- Feel as if you do not have time or energy left to do anything for yourself?
- Find your days are filled to the brink with family obligations?
- Spend your time as a caregiver, part-time student, and volunteer?
- Feel you use every ounce of energy everyday?
- Feel you are knocked nearly unconscious by the demands placed on you... but you keep going?

It is time to start thinking about yourself by finding time for relaxation and creative pursuits, or simply stated, just doing those things you feel like doing. It is well accepted that our thoughts and emotions effect every cell and hormone in our body—so let's feel good, energized, happy, and relaxed.

We must decide what we enjoy doing, what really relaxes us and makes us feel good about who we really are. We will need to make a couple of lists for ourselves.

First, we must compartmentalize our time. Write down everything you do within a 24 hour period. This includes the number of hours you spend sleeping, taking care of the family,



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housework—including laundry, cooking, eating, exercising, running errands, career time, commuting, watching TV, personal hygiene, and whatever occupies your time.

Now make a quick list of things you enjoy. Do not take a lot of time thinking about it—be spontaneous. Your list might include reading, biking, taking a walk, seeing a movie, playing a computer game, or responding to friend's e-mails.

Check your first list. Does it contain any of the items you listed on your second list? Is there any time left on your first list to include anything from the second? Should this give you the motivation you need to make some changes.

Let's consider making some changes. Make a new list and be sure to include at least some of the activities you enjoy doing. Be as realistic as possible, but also be determined to cut back on some areas to make the time

available for your reading, meditation, walking, or whatever brings you that good feeling.

It is a good idea to determine just what you do want or enjoy doing. Sit in a safe, comfortable position. Take a nice deep breath through your nose. Hold that breath for about seven seconds, and exhale very slowly through your mouth, making the sound of the wind blowing gently.

Take two or three of these deep breaths and while doing this just say to yourself, relax, let go, and feel the tension leaving with every breath that you take.

Now just allow your mind to clear as you continue to breathe deeply. Now picture and imagine yourself a few months from now and see what you are doing to have fun. Enjoy yourself. See where you are, what you are wearing, how it feels to be having fun.

Focus on yourself, relax and see what comes up. If nothing happens, do not be discouraged. Relaxing is a wonderful thing you can do for yourself. Do not give up.

Sometimes it takes a little practice to allow these images to surface. Do not try, just relax, and allow the images to form.

This exercise may sound too simple, but it really does work. Give it a try... what do you have to loose?