

HEALTHFUL TIPS

Take Time Out REFLECT AND RESTORE

Constant activity and distractions leave us depleted of energy, direction, and balance. Just attempting to meet all of the demands in our lives is a challenge so we don't make time for quiet reflection. As a result, we run on auto pilot without the insight that comes with taking time to pause, reflect, dream, plan, and simply be. We don't spend time on the right things—our life's priorities.

Taking time out to reflect and rejuvenate can help us to see the big picture, learn from past mistakes, spark new ideas, focus on the things in our lives that are going right, and be happier.

How do you find quiet time away from the crazy pace of life? Here are a few ideas to get you started. Hopefully, one or two will work for you and you will find a calmer, more inspired life through taking time out.

Make it a practice to turn off all electronic devices for a specific time period each day.

Surround yourself with nature's beauty and take it all in. This could take the form of a vase of flowers, sitting on a park bench, gazing at the night sky, watching a sunrise or a sunset, or watching snow fall.

Think through with gratitude all of the things in your life that bring you happiness, security, love and joy.

Take a bath by candlelight.

They say music can soothe the soul. Use calming music to help you relax and inspire creative thoughts.

Breathe deeply and slowly, focusing on your breath. Close your eyes and experience the air going into your nose,



down to your lungs, filling your lungs and then being exhaled. This helps to pause your thoughts and slow down your body.

Be aware of living in this moment, taking in the sights, sounds, smells, feelings—not worrying about the past or the future.

Spend regular time assessing what is working in your life and what is not. Use your introspection to choose a path to make your life healthy and successful.

Use your walking time to open your mind to reflection. The extra energy and oxygen can help ideas freely flow.

Together with a **CULTURE OF WORK**, there must be a **CULTURE OF LEISURE as gratification**. To put it another way: people who must work must take the time to relax, to be with their families, to enjoy themselves, read, listen to music, play a sport.
Pope Francis
