

Rituals for Relaxation

By: Paul Haider



Take the time to do something relaxing today. That doesn't mean coming home and plopping down in front of the TV and zoning out. That's not relaxing...TV engages your mind and keeps you thinking.

1. Try something different. Before you walk into the house,

make up a little saying and touch something on the outside of your house to take on all of your worries. Perhaps you have a planter sitting by the door.... touch the planter and say to yourself..."I give up all my work worries to you." Then you can walk into the house free of the crazy things that went on at work. Work doesn't have to run your life, no matter how bad it might be. This is one technique that helps people let go of work problems and frustrations before they get home.

2. Next give yourself a few minutes alone:

go into the den, garden, or even the bathroom, and sit alone for 15 minutes and clear your mind of any residual thoughts about work. Don't think, just "BE" for a few minutes and allow yourself to enjoy

your surroundings, whatever they may be.

3. Close your eyes and think about your breath.

Zen monks concentrate on breathing by saying to themselves, "Now I breathe in" and then "Now I breathe out." Just being mindful of what you are doing and being present in your body can help you relax. You have been running all day long and for the most part have forgotten to check in with what your body feels like. Now it's time to find out.

4. Breathe deeply. You have been holding your breath all day long waiting for the other shoe to drop. You're not at work now so move your diaphragm and take in some oxygen with some deep breaths.

5. Take a nice warm shower, or

what I prefer, a nice warm bath.

Most of us never take the time to sit in warm water and let our cares melt away. I remember going to a spa and having a sandalwood fragrancd bath. Boy, was that relaxing. When I got out of that nice warm bath... I had to drive a chamber of commerce mixer, and I was soooooo relaxed that I was having a hard time keeping my mind on getting there.

6. Look inside at what cynical ideas you picked up during the day.

If you're saying to yourself, "This will never work" what do you expect is going to happen? Of course, whatever you are working on is not going to work out. Be mindful of your thoughts. They can cause you a lot of unnecessary stress. At this point, let go of that cynical thought and be positive about tonight and tomorrow.



"I know what you are going to say, "I don't have that much time" ----YES YOU DO! Take the time you normally use in front of the TV and use it here. You will be amazed at how much more relaxed you are when you start your evening a little differently."



7. Now do something that you enjoy.

Perhaps you have a favorite book you want to finish...it's time to get a few more pages of reading in before dinner. Maybe you have some petunias that you bought over the weekend that need to be planted. So, get out there and enjoy digging in the soil. Maybe you're building a scale model of a wooden ship...then put in 20 to 30 minutes working on this project until it's time for dinner. Or perhaps, like me, cooking is your way of relaxing, so dive in and get up to your elbows in pasta, vegetables and sauces. One of the most relaxing things I can think of is cooking up a great meal. I love creating new sauces; putting together a great salad, baking that great bread and putting the final touch on a wonderful dessert for later. It's all about letting my mind be at peace and not thinking about work at all!

8. Find some time to volunteer!

Most of us want the world to be a better place,

but think that it will happen all by itself. Perhaps your local church needs some help with a rummage sale or fashion show. Or someone down the street needs a ride to the drugstore to get their medications. When we help others, we let go of our problems and find a deep feeling of fulfillment about life. These are great ways to relax and put our mind at ease.

9. Listen to some soothing music.

It's been a long day and a little soothing Classical, New Age, Soothing Jazz, or whatever your preference may be, will make you feel relaxed and calm inside. I love sitting and listening to soothing music. My favorite is New Age Music, but I also love Classical Music. It has been shown that Classical Music can change your brain waves from agitation to one of deep relaxation. So why not listen, and let go of stress.

10. Now connect with your family with interest in what's going on with them.

Ask them about their

day, and let go of thinking about yourself and work. Get interested in what your family is doing.

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Mr. Haider is the author of the book "Relax Into Success" which has been a best seller in Puerto Rico and is coming out in the US. He is a specialist in the area of Stress Management and Life Coaching. Showing you how to live an Extraordinary Life full of peace and abundance... with more time for your family and loved ones, doing the things you really love to do. If you have questions or need more information, please email him at relax@paulhaider.com. Visit his website at www.paulhaider.com or call 1-866-368-8399