

The BURNOUT QUEENS

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BURNOUT > BALANCE > BLISS

Super-Quick Relaxation Hit List

Here are a few super-quick but effective relaxation ‘hits’. All you have to do is tune-in to your need to relax.

- ◆ Become aware of your breathing for only **5 minutes**. Watching your breath calms your nervous system.
- ◆ Massage your forehead or the back of your neck with a soft rubber ball. *Gently, very gently!*
- ◆ Tired eyes? Soothe those itty-bitty eye muscles by rubbing the palms of your hands together until they get warm from the friction, gently place your palms over your eyes until your hands cool. Repeat a few times.
- ◆ A 5-minute break is all it takes for a change of scenery or a quiet ‘pause’ moment.
- ◆ Music and movement is completely counter to building tension, so put on some music and dance!
- ◆ Jump up and down and jiggle like a bowl of jelly! Muscles can’t stay tensed-up and be loose at the same time. *Brilliant.*
- ◆ Stretch! Gently release muscle tension. *Feels oh so good.*

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