



3 Tips to De-Stress Throughout the Day

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Do you feel like you are usually going through your day feeling busy and with no time to relax? Are you rushing to accomplish your to do list with no breaks to recharge and refresh?

Are you feeling depleted of energy at the end of the day?

If you answered yes to any of these questions, you can definitely benefit from some “recharging breaks”. Here are some

wonderful ways to de-stress and recharge during the day:

1. MINDFULNESS: You can strengthen your vitality and performance during the day by doing things mindfully. Doing something mindfully means stopping and doing one task at a time. More specifically, you need to do it deliberately slower than usual and apply your full attention on only one particular thing at a time. Mindfulness can be applied to any and all of the routine activities that we do on a daily basis.

2. BREATHING: Your breath is connected to your emotions and reactions. Stop and pay attention to the quality of your breath at this moment. Put one of your hands on your chest and the other one on your abdomen and notice what hand moves more. This action will help to stop the automatic pilot mode. Notice your breath and ask yourself: is it shallow, deep, ragged, smooth? Do you feel anxiety in any part of your body? How does it feel? Can you describe it? There is no need to change anything. Just becoming aware of your experience at the moment can bring a sense of acceptance and release.

3. MOVEMENTS: Another wonderful opportunity to practice being mindful is when you are moving. Whenever you are going from one place to another, instead of thinking about what is the next thing you need to do, just focus on the mechanics of your body as you walk. Pay attention

to the movements of your legs, hips, and arms. And with each step, focus on how you first put the heel and the tip of each foot. Notice how your head is supported by your shoulders and spine and all the weight of your body is supported by your feet as you step with your right foot, then your left foot. Keep your mind on your movements as you walk until you get to your destination.

Another practical opportunity to bring mindfulness into your days is when tackling a mundane activity such as mowing the lawn, cleaning your desk or getting ready to go out. Look at what you can see while you are engaged in your activity. Notice the smell, the sounds you can hear, your sense of touch, and how your body is adjusting as you perform the activity.

Or, when you are drinking a cup of coffee: if you have a cup of coffee, you can smell that coffee before the first sip, notice the colour of the coffee, the smoke that comes out of the cup, then take the first sip and notice every detail about the taste, bitterness, sweetness, and strength. Allowing yourself to notice the after sense following the first sip of coffee. Once you finish, washing your mug paying attention to the temperature of the water in your hands, the sensation of the soap, observing the bubbles, noticing the weight, shape, colour and texture of this specific mug, the smell of the cleaning product; and taking your time to dry it and put it back into its place as opposed to trying to do all this as fast as you can.

In summary, **using all your senses** while you are doing things, and paying attention to your experience at this very moment, is what will make you feel present, grounded and bring a moment of inner peace. This is why we all need to recharge, to stop and smell the roses, to take breaks and enjoy life as we go through our busy days. These short breaks will make a difference at the end of the day. Try and test it yourself to see what works best for you.

If you want to obtain additional tips and learn how to bring mindfulness into your days please subscribe to our newsletter at info@cbtpsychology.com ■

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