

Everyday Calm

Relaxing Rituals For Busy People

Best selling author **Darrin Zeer** shares with us five simple ideas on how to stay calm throughout the day.

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You're busy—who isn't these days? Whether at work or at play, you're always on the go. From the moment you wake up, until your head hits the pillow, you're in a hurry. And the drive to get things done is taking its toll. Your mind gets overwhelmed, and your body gets tense. It's time to find calm. When you slow down and think clearly, you become more efficient. When you take time to be friendly and polite to those around you, the day is much more pleasant. When you're rested, you make fewer mistakes. When you take de-stress breaks, your creativity skyrockets. When you focus on giving to others, your relationships improve. Taking care of each area of your life, step by step, you are guaranteed to find more peace of mind. Take care, and enjoy yourself as you discover everyday calm.

Five simple steps to everyday calm

1. I will breathe and relax moment by moment.
2. I will stay calm and focused in all my interactions.
3. I will treat myself and others with care and patience.
4. If I feel overwhelmed I will take a calming break.
5. I will travel through my day peacefully.

Tranquil Morning

Wake-up Wisdom

Try to spend a calm moment before jumping out of bed and starting your day. Taking time to stretch will help you start your day on the right foot. In this exercise, focus on gently relaxing your mind and body.

- Lie flat on your back and take a few deep breaths.



*To truly live and become aware
takes great courage. – Gourasana*

- Notice any areas in your body that are sore or tense.
- Gently raise your knees to your chest.
- Wrap your arms around your knees and breathe deeply.
- Let your knees slowly drop to one side.
- Enjoy the stretch in your lower back and hips.
- Take your time in the stretch; then switch sides.
- Relax and enjoy!

Nothing great was ever achieved without enthusiasm.

– Ralph Waldo Emerson

Refreshing Midday

Two-Minute Midday Calm

If you find yourself lacking calmness and clarity, take a two-minute break to de-stress. Stop what you're doing, turn the phones off, and sit quietly. For two minutes you will do nothing but breathe and relax. Your mind will be chattering, but tell it to be quiet. Keep returning to your deep, relaxing breaths. Each time you get caught in busy thoughts, return to your breathing. Your muscles may feel tight; so let the breathing help relax your body. When the two minutes are complete, notice your state of mind. Whenever you feel overwhelmed, try this quick fix; don't forget how easy it is to feel so good.

I have noticed that folks are generally about as happy as they make up their minds to be. – Abraham Lincoln

Effortless Afternoon

Call-Drop Desperation

Cell-phone reception can disappear at the most inopportune moments. As with any frustrating technological malfunction, it's important to get a grip on the emotional downturn that follows. Take a breath, have a laugh, and then redial.

Here is a quick stretch fix for when calls get dropped.

- Inhale deeply through your nose.

- Shrug your shoulders to your ears and hold for a moment.
- Exhale thoroughly and let your shoulders drop.
- Repeat as time allows.

He who is in a hurry rides on a donkey. – German proverb

Easy Evening

Groove Therapy

A little bump and boogie can recharge your body and mind. The more uninhibited you are, the more relaxed you'll be. You can always put on the stereo at home, but dancing at a club or party with lots of people can inspire you to greater heights. If you feel self-conscious, follow this groovy six-step guide:

- Get up and dance; a partner is nice, but not essential.
- Drop the old steps and explore different rhythms.
- Get out of your mind and into your body.
- Take deep breaths and stretch while you dance.
- Feel the freedom and get inspired.
- Have fun with everyone!

Minds are like parachutes. They only function when they are open.

– Sir James Dewar

Nurturing Nighttime

Lounger Levitation

During commercial breaks in your favourite TV show or big sports game, hit the mute button, sit back, get comfortable, and close your eyes. Let your body levitate in your recliner, couch, or bed. Visualise your body; completely limp. Take five deep, long relaxing breaths. With each exhalation, allow the day's stresses to melt away. Do a body scan, starting from your head and moving slowly down, relaxing your body part by part. Imagine that you are floating on a cloud in your living room. Take a rest; the world will wait patiently for your return.

The hardest work of all is to do nothing. – Ancient proverb ●

Join Darrin on one of his, 'Lovers' Yoga, Lovers' Massage Retreats' (for singles and couples). Available at resorts around the globe. More info: email officeyoga@aol.com