

Relax, Restore, Rejuvenate

Engage in activities that help you slow down and recharge.



Unwinding, down-time and relaxation can all mean different things to different people. It doesn't really matter what the activity, or inactivity is - the idea is to give your body, mind and heart a chance to relax and recharge. Some people prefer to be very active (exercise, yard work, etc.) in their down time and others prefer more relaxing activities such as resting, watching movies or reading. It's important that you engage in whatever activities relax and restore you.

So how do I find the time?

Start by taking some time to think through what you really want to make time for. For example, are you trying to fit in some exercise, do you want to read a little every day, are you looking to unwind with some TV at the end of the night or do you just want more sleep? Once you have identified the things that help you unwind and relax, find time to incorporate them into your calendar.

Find more free time in your schedule

Find time-wasters.

If you can minimize some of these, you can make room for the more important things that make you happy.

Re-think your routine. Often we get stuck in a rut that we're unhappy with. Is there a better way of doing things, or can you consolidate some tasks to save time?

Schedule the time. Plan your unwinding time and make these blocks the most important appointments of

your week. Schedule the rest of your life around these blocks. View these as an appointment you would only cancel if an emergency arises.

Make it measurable.

If you don't meet a goal, like finishing that next book chapter, you may not notice if you skip your down time.

Delegate. Don't feel like you need to do everything yourself. Utilize the people around you to help lessen your load.

Learn to say no. If you say "yes" to every request, you will never have any free time. Get super protective about your time and say "no" to everything but essential requests.

Make use of your mornings.

Mornings can be a great time for relaxation before the demands of the day begin.

Decompress after work.

The transition from work to home can be stressful and anything but relaxing. Build in some unwinding time as a

way to help yourself mentally be in a good place for your evening routine.

Relax before bed. The time before you go to sleep is precious. What do you want to do with this time? Take advantage of it.

Call your EAP. We can be a valuable resource to help you find time to unwind. If you would like a hand in finding ways to enjoy your down time, call for more detailed information and assistance.