

Practice 30 Second Quickies

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Stress is basically a disconnection from the earth, a forgetting of the breath. Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important. Just lie down.

Natalie Goldberg

Not long ago researchers in stress made a significant discovery. We can reduce our distress and “actual” age by paying attending to our body on a regular basis. At the Canadian Institute of Stress you can take a "Listen to Your Body" inventory. If you go to this link you can assess your body’s stress.

<http://www.stresscanada.org/assess.html>

Then the question arises, “What do I do with that stress in my body?” Many people take time off from work, make appointments for a massage (still a good idea) and hang on until a holiday (not a good idea).

But researchers suggest something else. After locating strain in your body systematically “Let Go.” Checking in regularly throughout the day and releasing it is a relief. On an extra stressful day check in and let go hourly. The Canadian Institute of Stress found “. . . short amount of time **each day** to be good to themselves reduced their stress levels by **almost half.**”

This “be good to themselves” or releasing can be called 30 Second Quickies. They take 30 seconds or less to do. Start with the following list and discover other small ways to take care of yourself intermittently throughout your day:

- Yawn
- Wiggle
- Laugh or Cry
- Peel and eat an orange
- Close a door
- Slowly eat a grape
- Do a neck & shoulder roll
- Shake your right hand, then your left hand
- Stretch up, down, left & right
- Drink a glass of water
- Watch a breath go in and out
- Tighten your teeth & then relax your jaw
- Massage your scalp

- Brush your teeth
- Brush or comb your hair
- Squeeze your face in to a prune shape
- Stick your tongue way out
- Kick off your shoes
- Yell (especially into a pillow or in your car)
- Rub lotion on your hands & anywhere else on your body
- Sit down & lift your legs in the air
- Get or give a hug

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