

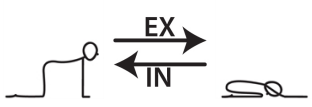




Holiday De-Stress

Holiday Stress Busters: Energize, Calm, Contemplate

1.		<p>To Energize: Sweep arms wide and up as you raise heels on inhalation. Pause for 2 - 3 seconds. Exhale as you lower arms and heels simultaneously.</p>	<p>Do 6 repetitions, then stay for 6 breaths. While you stay in the posture, focus on even, smooth breathing.</p>
2.		<p>To Energize: Make your inhale and exhale equal in length. Pause after the inhale for 2 to 3 seconds. Example: Inhale 6 seconds, pause for 3 seconds, exhale for 6 seconds.</p>	<p>As you inhale, try to feel your chest and belly expanding. As you exhale, pull the belly inward. Place one hand on the front of the chest and the other at the navel.</p>
3.		<p>To Calm: Lower forearms as you take hips toward heels on exhalation. Slowly come back up to the table position on inhale. Make the exhale 2 - 3 seconds longer than your inhale.</p>	<p>Do 6 repetitions, then stay in the child's pose position for 6 - 8 breaths. Focus on a long exhale as you stay in the posture.</p>
4.		<p>To Calm: Make your exhale at least 2 - 3 seconds longer than your inhalation. Example: Inhale 4 seconds, exhale 6 seconds.</p>	<p>As you inhale, try to feel your chest and belly expanding. As you exhale, pull the belly inward. Place one hand on the front of the chest and the other at the navel.</p>
5.		<p>Contemplate: What are my most deeply held priorities and values? How am I spending my energy, time and resources? What can fall away? What events, social gatherings, rituals and obligations reflect your most deeply held values and priorities?</p>	

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