

"Your mind will answer most questions if you learn to relax and wait for the answer"

-William S. Burroughs

How is 2013 shaping up for you so far? Are you inspired to create and live your blockbuster life each day in both your personal and professional life? Work stress is always a 'hot' topic and very relevant in today's workplace culture. You can't just 'up and go' if you're feeling stressed. You have reports to finish or projects to manage or clients/customers to see. But you *can* schedule in a few minutes of relaxation whilst you are working in addition to deriving maximum benefit from your tea or lunch breaks. Read on to find out how.

Sally x

In this edition of Blockbuster Life Solutions

- Create Your Blockbuster Corporation: Time Out
- Create Your Blockbuster Life: Relaxation
- News
- Q & A
- Connect with Sally

Create Your Blockbuster Corporation

Time Out

When was the last time you really switched off from work during your tea or lunch break? Are you thinking about all the work that lies ahead of you between now and the end of the day? Or perhaps you're mulling over an incident that just took place?

Whether it's five minutes or half an hour, being able to relax your mind and body in the middle of the work day, helps you manage any stressors that may challenge your patience. It also enables increased focus which in turn encourages higher productivity and performance.

The best way to relax and switch off is to get yourself out of the office/work environment completely or at least seek a change of scenery. A walk around the block, a quiet place to read the paper or listen to your ipod or finding a space to focus on your breathing or visualize a relaxing scene are just some suggestions.

During work time, allow yourself to take a minute to stop what you are doing and focus on your breathing. Just concentrate on your breaths, in and out. Alternatively stand up and stretch, or as you remain seated raise your arms above your head and stretch them out to create an energy shift. Try it and see. Aim for a quick one minute relaxation strategy every hour or two.

Create Your Blockbuster Life

Relaxation

“Take rest; a field that has rested gives a bountiful crop.”

- Ovid (Roman Poet, 43 B.C.-17 A.D.)

Being able to relax your mind and body outside of work hours, helps you cope with stress, encourages a restful night's sleep, eases physical and mental tension and induces calm, rational thought.

If you have difficulty relaxing try these suggestions:

- deep breathing
- doing yoga
- meditating
- taking a warm bath
- bathing in essential oils
- having a massage
- having a foot spa
- having a spa bath
- getting a facial
- indulging in a day spa treatment
- lazing around
- laying down and relaxing each muscle group, one at a time (isolate each muscle group, tense the muscles, then let go and relax the muscles)
- closing your eyes and listening to soothing music
- playing with your pet
- visualising
- taking a walk on your own

Take some time to relax *every day*.

How will you relax today?

News

Corporate Presentation

I'm rolling out a new presentation in March and I need some live Melbourne or Geelong audiences to listen to me and provide some feedback.

If you are one of the first 5 people to contact me your organization will get my presentation free!

All you have to do is write a report for me afterwards.

This offer is only valid for the month of March. From April onwards the presentation reverts to a \$4,000 fee. So get in quick!

If you know of any corporations who would be interested in this offer please feel free to pass it on.

Q&A

I would love to hear from you!

Email me your questions and I will publish them along with my answers in forthcoming editions of Blockbuster Life Solutions.

Connect With Sally

Please connect with me

W www.sallylearey.com

E sally@sallylearey.com

F <http://www.facebook.com/pages/Sally-Learey/258555627566816>

L http://www.linkedin.com/profile/view?id=224131080&trk=tab_pro

T <https://twitter.com/sallylearey>

You are receiving this newsletter because you subscribed online or at one of my presentations/events. If you wish to unsubscribe please reply to this email with 'unsubscribe' in the subject line.