



This issue builds resilience in...

Self-Assessment

Energy Management

Want more help? Try **Sticky Strategies**

Refilling before you hit empty...

Have you ever run out of fuel? It's not fun and is akin to the exhaustion that many people experience, which can lead to break down. Being in a vehicle that can't go any further is, at best inconvenient and at worst, life threatening. Watching the indicators and refilling in time, prevents much drama.

Exhaustion can lead to break down...

Exhaustion is a common complaint and even more prevalent in some stages of life. Parents with young children, highly stressed individuals and students are particularly at risk. If you happen to be all three then beware! Frequently feeling exhausted is like a 'low fuel' light flashing on; it's an indicator that your tank needs to be refilled. Some common signs of 'low fuel' include: not sitting down to eat, being 'too busy' to listen to your loved ones or meet up with friends, feeling irritable or irrational and catching frequent colds and flus. Ignoring the warning signs can lead to a break down (more serious illness or depression), which then forces an individual to stop.

Restoring energy reserves is much more complex than putting fuel in a car. Choosing good quality fuel and maintaining the working parts (diet and exercise) are only part of the formula; **relaxation time is another key component.**

Schedule relaxation as if your life depends on it!

Sarah Klein writes a compelling case for scheduling relaxation in an article published in the Huffington Post*. *Relaxing protects your heart,*

lowers your risk of catching a cold, boosts your memory, lowers your stroke risk, keeps you safe from depression, helps you make better decisions, keeps you slim, eases acne, keeps you in the mood for love and could slow breast cancer.

The whole family needs to relax. Plan so that everyone has opportunities for 'time out', and include yourself! 'Time out' isn't punishment, it's life saving. If it's a new habit, start small. If you already do relaxation well, encourage someone else to refuel early.

*http://www.huffingtonpost.com/2014/08/14/stress-awareness-day-relaxation-benefits_n_1424820.html

- ✓ Running on empty can lead to break down
- ✓ Watch for your 'low fuel' indicators
- ✓ The whole family needs 'time out'. Start now.

"Tension is who you think you should be. Relaxation is who you are."

Chinese proverb