



Quick cure for exhaustion...

Exhaustion - it strikes when least wanted, pushes people to dig deep into depleted energy reserves and can leave them vulnerable to illness. Many people experience waking up in the morning feeling completely unrefreshed and dragging their heels through the day. It's vitally important to take steps to protect against this syndrome for long-term health and contentment.

Quick cure for exhaustion...

Quality replenishment recharges batteries rapidly. It may only take a few five minute blocks of time in a day to feel refreshed. A simple formula for replenishment is: **nature + consistently scheduled time + heightened sensory awareness**. It's easy to forget how invigorating a few moments in a garden and fresh air can be but you can use them to boost your energy stores quickly. First, you need access to an **outdoor space** that is green and appealing to you. The more of an oasis it is the better but any place where you can see sunshine, feel a breeze on your skin and watch nature is all you need.

Secondly, it's **time to schedule** these into your diary. 5 or 10 minute blocks are enough. Can you put 2 or 3 of these into your daily routine? Consistency is best. Timed breaks every 2 hours or so lead to maximum productivity and mind/body functioning.

Thirdly and most importantly, (this is the key component) when you take your 5 or 10 minute refreshers, systematically **engage all your senses** as you spend time in your oasis. (Hint - **This is technology down time!**) Start by noticing what you can smell. Close your eyes for a couple of minutes and see how many different smells you can notice. Then, bring your awareness to your skin and the sensations on your body. See how curious you can be. Then, notice what you can hear. See how far you can tune your ears. Notice if there are any taste sensations going on (particularly if you're having a drink or eating). Lastly, what do you see? Focus on small, minute details then on the larger aspects of the view. Our children watch what we do. If parents are running themselves ragged, children will grow up learning to be over-worked and overwhelmed too. It's time to recharge and teach the little ones how to do it.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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- ✓ Exhaustion is at epidemic proportions. Teach your children how to buffer against it.
- ✓ 3 essentials for a fast recharge: nature + consistently zoned time + heightened sensory awareness

"A garden is a grand teacher. It teaches patience and careful watchfulness; it teaches industry and thrift; above all it teaches entire trust."

Gertrude Jekyll

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