

## **Take a Break**

*The natural healing of stress-related mind-body problems and the optimizing of many life activities (work, play, creativity, etc.) can be facilitated by learning to recognize our natural ultradian mind-body signals for healing. (Rossi 1993)*

It's been well recognised through many psychological studies that we can only concentrate for limited periods of time on any intense mental activity before we need to rest. Otherwise we start to lose efficiency. Whilst individuals vary, most of us need to take a break every hour to ninety minutes. This only need be for a few minutes, but we must give our mind something else to do.

One suggestion is to bring the awareness back into the body i.e. down from the head (brain) and into the centre (solar plexus / lower abdomen). The breath is a wonderful mechanism for achieving this.