



Hustinch Pioneer

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Those lazy, hazy, crazy days of summer

By Shirley Anne Nowell

Summer is almost upon us and as the title suggests we are poised to enjoy it to the fullest, by blending fun and relaxation, into our busy schedules. So how do we find the time and balance in our lives to do this? Moreover how do we find the time for ourselves without being tormented by guilt?

The dilemma of not having enough hours in the day for everything and everybody is all too common and we often experience that overwhelming feeling of trying to catch up!!

So as the summer months approach, seasonally it is our "time" to just find the opportunity to "relax", kick off our shoes and enjoy life. Why then, if there is even a season for it, do we find it so hard to do?

In today's "action-packed" world, we often live and work according to deadlines, priorities and lists and sooner or later things start to slide, we become anxious and tense, and feel there is less and less time for ourselves.

It has been estimated that 75 percent of diseases are stress related, therefore de-stressing our lives appears to be the obvious solution. June marks the half-way point through our annual calendar and New Year's resolutions are a distant memory, this may be a good time to think about our whole health and reducing tension may be a good place to start!

Here are some simple suggestions that can help us to find that special place, where we can find relaxation, re-vamp, re-energize, re-balance and just GIVE BACK to ourselves.

1. Allow yourself an actual time slot to do something purely and simply just for you. You know YOU best.... Something that will quench a thirst to un-clutter the mind.

2. Immerse yourself in a good book, magazine or movie and take time out that way, just you and your imagination.
3. Stretch that body out and refresh your physical self by going for a walk, take the blinders off and spend some time really "looking" at the beauty that surrounds you.
4. Spend some quality play time with the little kids or pets in your life, they really know how to put the world on hold.
5. Take up a hobby that is purely just about you and get lost in enjoyment.
6. Employ the services of professional practitioner, massage/reflexology/reiki/yoga etc., and enjoy a relaxing hour or two soothing stress away.
7. Quietly meditate.
8. Do some charitable work; giving back often soothes the soul.
9. Connect with your spiritual self, whatever your beliefs may be.
10. Learn to breathe properly and sufficiently, unclench those muscles and encourage your physical body to relax. Your body will thank you and be more willing to take on the rigors of life.

Slowing things down every so often and taking stock of what assists individual relaxation, helps us take on all the responsibilities we constantly have to face. We replenish our batteries and by doing so the empowerment is not only there for ourselves but helps to serve others too.

In short, enjoy those lazy, hazy, crazy days of summer by addressing core personal needs and take time to smell the roses

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