shhh...

relaxation & renewal

in progress

BON SECOURS
ST. FRANCIS HEALTH SYSTEM

relax & renew

Too often, women save "me time" as a reward for checking off tasks of their long to-do lists. Taking time for yourself is not a reward … *it's a necessity!*

Hang this on your doorknob, close the door and try some of these tips to rest, relax and renew:

- Turn on some soothing music and meditate, pray or reflect.
- Set a timer for 10 minutes, lie down and breathe deeply. Banish all thoughts of things you need to do … just breathe.
- Take a warm bath complete with bubbles and candles. Stay in until the water gets cold.
- Take 20 minutes and work on a scrapbook page, read a chapter of a book or watch a few scenes of your favorite movie.
- Exercise can do wonders for renewing energy, and the health benefits are amazing! Take 20 minutes and pop in an exercise video or do some basic yoga poses.

Need more ideas? Check out iPod playlists to energize you, healthy snacks to sustain you, feng shui tips, and our "chick flick" picks online!

www.stfrancishealth.org/energize