

PRINCIPLE 7 TOOL: Give Yourself A License To Chill

When you need tranquility now, try this simple technique.

Find a quiet, comfortable place where you won't be distracted.

Sit with your back straight. Place your hands in a comfortable position.

If you wish, call on God or a higher power to help you.

Allow your eyes to rest comfortably downward, gazing softly but not focus on anything.

Let your breathing become deep and rhythmic.

It's okay to let your attention drift a bit, but stay relaxed. If your eyes become heavy, let them close.

Don't worry about doing it right. You simply want to clear your head and relax.

Although you can do this exercise throughout the day whenever you feel the need, it works even better if you do it for 10 or 20 minutes, once or twice a day.

You might also try "walking meditation." it's just what it sounds like - combining a walk with quiet reflection. Don't focus on a destination - with walking meditation, it's the journey that counts.

I call it "medicating with movement." You use your own brain chemicals - endorphins and serotonin - to soothe yourself, boost your mood, and just plain feel better.

To try walking meditation, simply turn your full attention to the movements that make up the act of walking.

Really break down this most basic of acts. For example, as you lift each foot, silently say to yourself "Lift." As you move your leg forward, say "Move." Then say "Step" as you place your foot on the ground. The more you focus on these movements, the comment you'll feel.