Control the Speed of the Merry-Go-Round!

MRIA - Annual General Meeting
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Thoughts to Ponder…

Dr. H. Benson
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Stress *intervention* sparks a chemical mechanism within the body that is the opposite of stress.
Thoughts to Ponder…

It doesn’t matter what intervention technique you use, as long as it brings forth the relaxation response - an inborn bodily reaction that offsets the harmful effects of stress.
Break Procrastination

Build your fence one board at a time.
Take Stretch Breaks

Tight muscles create tension
Trade a Shoulder Massage

Touch leads to relaxation
S - Step Back
T - Think
O - Organize
P - Proceed
Take “5” for Deep Breathing

Slow down by shifting your focus
Acknowledge Your Achievements

Focus on what you did, not on what you didn’t do!!
Remember the proverb

The more you do of what you're doing

The more you'll get of what you're getting
Take Control…

Put the brakes on your merry-go-round