

STRETCH TIME

Time — or lack of time — can be a real stressor in our hectic lives. This exercise calms your mind, so you can get back into flow and accomplish what you intend.

If you have a deadline or are running late for an important meeting, instead of rushing, take the pressure off and stretch time. However simple this exercise may appear, it's extremely powerful. It connects you to a higher power. So don't be surprised if after stretching time everything falls magically into place for you. Meetings get cancelled, someone shows up to take on some of the work, traffic eases. Anything is possible

1. Close your eyes and breathe deeply.
2. Quiet your mind and focus on what you want to accomplish.
3. Place your hands together prayer fashion in front of your chest and slowly move them apart, stretching time.
4. When they are outstretched to the sides of your body, open your eyes and resume your activity, knowing there's plenty of time to finish it

One of 12 One Minute Wonders — simple, easy to follow exercises and games you can play to relieve your stress and boost your energy and reclaim your time. They are tools, tips, techniques — quick wins — for surviving, even thriving, in a hectic, frantic fast paced world.



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