

Take A Break: Creating Mini Vacations Right Where You Are

By Lee Wise

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TAKE A BREAK!
Creating Mini Vacations Right Where You Are
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THINK ABOUT RELAXING...

That's right: relaxing.

You'd like to, wouldn't you? I can almost hear you though:
"You gotta be kiddin'! Vacation? Good night, I can hardly
find time drink my vitamin C filled orange juice in the
morning let alone think about a vacation. Get real!"

I identify.

So why not think about a "minute" vacation? Really.

Sixty seconds of pure, "just your own" relaxation. Let that
sink in: sixty seconds of pure, "just your own" relaxation.

HERE'S HOW...

To do it you gotta think about a time you just loved. Let's
say a time at the beach for example.

In reflecting about your time at the beach, you might find
yourself going over thoughts like these:

"It was great. I'd get up in the morning, go down to
the beach and just 'be there.'

Sometimes I'd pray.

Sometimes I would walk down to the pier.

And sometimes I would just sit and listen to the waves.

It was great. I remember walking out on the beach and

sighing. Yep, you got it -- sighing.

It was a nice, *total relaxing sigh.*

When I think of a great time at the beach -- that's what I think about!"

And you are right: that is what I think about -- my time at the beach a few years ago ;-)

Something similar: that's what you need to think about if you are going to take your own one-minute vacation.

Whatever it is...

You think about it.

You feel it.

You sense it.

And here's the key: until you have some sense of an emotional "release." The moment you know you have returned *inside* to your special place of enjoyment.

Like my own deep, relaxing sigh on the beach.

When you do that, you've taken a minute vacation. Your own sixty seconds of pure, "just your own" relaxation.

THE PRINCIPLES ARE EASY

Here are a few short "principles" to put into practice as you develop the art of taking "minute vacations."

(A side note: yes, they could be two or three minute vacations. The idea is short and "attainable" times.)

Principle number one...

Stop!

You got it: stop.

You just simply stop.

Shut down.

Capooie.

Did I get the point across? LOL

You gotta stop!

Principle number two...

Inside you think: "No responsibilities."

Absolutely none.

Zero.

And you may find you have to...

GIVE YOURSELF PERMISSION

In this process I have found it helpful to give myself permission to have a break.

That is, as thoughts start to come and destroy your mental walk on the beach, you can affirm something like:

"Not here!
Not now!
These moments are mine!"

And you go ahead and take your one, two or three minute vacation.

YES, IT DOES WORK!

I had a student stop by my office about a week or so ago and say to me: "I'm still taking those minute vacations! Thanks for the idea."

I have taken many, many minute vacations. I enjoy them. In short: it works.

Yours for a day filled with beautiful moments in time,

Lee

P.S. Have you thought about "where" you will take your mini vacation yet?

Go ahead.

At least get a few ideas.

A minute or two.

Everyone has a minute or two :)

Lee is a seminary administrator, has a part-time business at home, and writes two motivational ezines: "A Beautiful Moment In Time" and "Hope For Daily Living." Permission is given to distribute article. This paragraph must be included. Email: Lee@vital-sea-nutrients.net

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