

M2 Be A Stress Master Series: Week 4

Descartes erroneously stated, “I think, therefore I am.” A modern version of that adage might be, “I do, therefore I am,” equally erroneous. The real Truth with a capital T is, “I am because I am,” or, “I am not a human doing, I am a human being.” In really it is not one over the other it is about finding ways to come into balance with doing and being; finding the middle way.

Rest – Recover – Reset – Reboot – Rejuvenate – Renew – REQUIRED

DATA

- NASA discovered that 40-minute naps boosted performance by 34% and increased alertness by 100%.
- Brain concentration maxes out at 13 hours.
- Brain creativity maxes out at 6 hours.
- Productivity peaks at 2:00-3:00 pm.

INSPIRATION

- “Rest is not work’s adversary. They complement and complete each other.” – Alex Soojung Kim-Pang, author of *Rest: Why you Get More Done When you Work Less*
- Albert Einstein walked and played to enhance thinking.
- Winston Churchill napped daily and took long baths to creatively problem solve.
- Patagonia Corporation requires all personal time off to be used and incorporates long weekends as part of their work culture.

WEEK 4 PRACTICES

Three Task Reflections by Harry Roberts, author of *Walking in Beauty*

- 1) What is my song? What makes my heart sing? What brings me the greatest joy?
- 2) How do I want to use my finite time and renewable energy?
- 3) How, when, and where will I sing my song? What does it look like?

Paradoxical ways to enhance being while enhancing doing

- Walk
- Nap
- Deliberately leave stuff undone
- Breathwork
- Meditation
- Restorative yoga
- Yoga Nidra

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