

The Vitality Coach: a monthly column published in The Nevada City Advocate (June 2010)

Breaking Free & Taking Control (of Your Life)

Vitality is built on three pillars: (1) Awareness, (2) Choice, (3) Training & Techniques. Today we look at choice, and its arch enemy—compulsions.

Ever been “here” before? You want to take a break, but something compels you to keep on working just a little longer—and you end up with an “empty tank”? Like many of us, you may have subconscious performance agendas that hold you hostage to the “grinding wheel.” Deliberately taking periodic breaks throughout your busy day puts you in a powerful position of choice — to say “no” to the compulsions and “yes” to how you want to spend your life force.

Four-time “world’s best” tennis star Ivan Lendl took quickie breaks right in the middle of his matches — resting and recalibrating mind and muscle. *Tennis Magazine* called him “the game’s greatest overachiever.”

An employee productivity consultant says the human body cycles between high and low energy states every 90-120 minutes and craves a recovery period after each. And a study on human performance concluded that workers need to take breaks “before” fatigue or pain sets in because it takes exponentially longer to recover otherwise. So the key is short, frequent, and “always.”

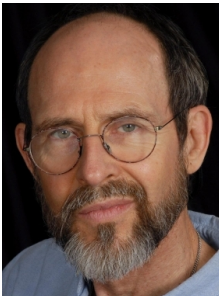
The word “sometimes” provides your psyche with wiggle room for failure; but it understands “always” as a statement of fact. So a commitment to “always” taking that break is the only way that really works.

Here’s a “Place Marker” technique that enables the “always” commitment—by allowing you to stop in the middle of your current task and “know” you can get back to it. Write down: (1) where you left off in your current process; and (2) what important points you need to cover when you return to task. >>You’ll find this little technique can actually increase your task effectiveness, because it forces you to step back and assess the direction of your work.

To justify your power breaks you’ll want to fill them with techniques that supercharge your core needs for physical, mental, emotional, and spiritual vitality. Some of these techniques will be covered in future columns; others require training in my studio.

Here’s a “Quickie” technique you can use to “always” fulfill your Power Break commitment even when there’s little time to spare. (1) Take a slow deep breath, inhaling from your toes to your head, filling every cell of your body. Hold that breath for 7 counts or so. If you can stretch your body on the inhale, do so. Then exhale forcefully, letting your body slump and release. (2) Repeat the process at least 3 more times. (3) Always finish by visualizing yourself being and feeling like the person you want to be today.

Note: Research citations and past articles are available on my website.



William Now has a studio in Grass Valley where he uses massage and coaching to provide you with vitality

A-wareness, **C**-hoice, **T**-raining & techniques

If you have a question for William, call 530-274-8144 or visit www.choosehealth.massagetherapy.com/TheVitalityCoach.htm.
