

Recharge

Written by Gayle Nobel
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Day 2

Thank you for all the wonderful feedback on yesterday's post. Knowing my words can support you means the world to me.

The weekends are typically the time many people use to rest, recharge, and play. I didn't mean this as a joke parents of kids with special needs. I know, I know, it can be harder for us to take this time but we sure do need it.

I was able to go to yoga class today and the teacher talked about how much energy we tend to give out and how we do not replenish that energy. This especially applies to caregivers. Eventually, we pay for this in the form of illness or injury when our body basically says if you are not going to slow me down, I will shut you down for awhile. Hopefully, it is not a serious one.

She went on to talk about how one of the ways we can replenish our energy is by breathing. Breathing nourishes the cells amongst other things. Seemed like this was exactly the message I needed to hear today. We went on to do a series of 5 sets of 10 mindful deep breaths into different parts of the body. The effect was sort of a high and I decided she is on to something.

I invite you to give this a try. No time? Pretend you are going to the bathroom and breathe away. I decided this is going to be my "go to" strategy this week. As I said in yesterday's post, Kyle is in rough waters and it is looking like it could be awhile before they settle down.

It's Sunday. How are you going to recharge your battery today?