

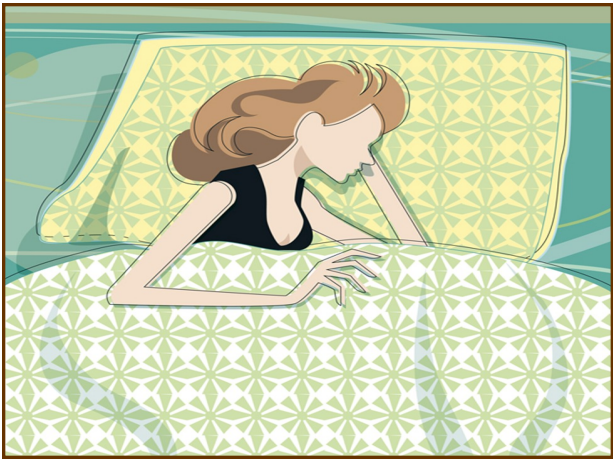
GETTING THE REST YOU NEED

It seems like everyone is working so hard these days. If you ask people, most of them will tell you how hard they work at their office, at home, in the yard, on the internet. Not to mention the usual chores, errands and paperwork.

Some people feel bombarded with things to do. It may almost seem like an endless stream of more things to be done and more needs; one's own and everyone else's. And not enough time to do them all.



"Sometimes the most important thing in a whole day is the rest we take between two deep breaths."
-Etty Hillesum



"When we are unable to find tranquility within ourselves, it is useless to seek it elsewhere."
-Francois de La Rochefoucauld

All of this busyness, overworking, working late, running around, and "catching up" may leave one tired. Some people are "dog tired" as they say. And likely some people just need some rest.

Some may remember back in high school or college, kids might sleep a few days after mid terms or finals. They just collapsed with exhaustion. And felt renewed after the rest.

Decades ago when people were ill, or stressed or exhausted, they would escape to a Sanatorium and get some badly needed relaxation.

Cures for the overworked, grieving and overtired would include sunlight, ocean air, having herbal teas, soups, broths and eating healthy foods; vegetables, fruits, and protein, carbs and healthy oils.

Are you a bit tired? Do you need some rest, or sleep? Getting the proper rest you need, along with good healthcare, can also help you prevent illnesses, people say.

"There is more to life than increasing its speed."
-Gandhi

Do you get enough sleep each night?

Do you sleep through the night?

Do you wake up refreshed?

Are you vital and energetic?

If the boxes are unchecked, try to figure out why and remedy the obstacles, you will reap the benefits!

KATRINA GREENE, MSW

SUCCESSFUL LIFE COACHING

www.successfullifecoaching.com

631-567-0008