



EmpowerChangeNow Newsletter

Life Transformations, LLC. – *empowering change*

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Life Transformations was

founded in 2003 by Joanne Aaronson. Joanne's mission is to foster empowerment in the individual to achieve his/her ideal life including relationships, career, and financial situation. Or for the executive, to achieve Enlightened Leadership to empower their best organization possible. The [Empower Change Now Newsletter](#) was started in 2007 to support this mission by sharing information about the underlying paradigm shift necessary to empower change in the individual for unlimited possibilities.



Dear Readers,

This month I focus on taking time out to recharge your batteries in order to keep up your productivity. So leave those blackberries at home for once! As usual, I welcome your comments or experiences with this material.

Always in light, Joanne

Time to Recharge

Now's a good time to think about infusing your life with some down time. Why? Not only because work-life balance is a healthy goal, but because when you take breaks, especially those that involve creative activities, you are actually helping yourself when you return to work. It's proven that if you don't take time to sharpen your ax, it won't be ready when you need it. This old favorite applies to both self-development as well as personal well being. To be able to work our best, we have to be healthy of mind, body and spirit. In this article, I'll address the impact of taking creative breaks on productivity.

First, what do I mean by creative breaks? By creative, I mean activities that involve the right brain—like dancing, creative writing, art and music. As the next article will show, right brain activities help you slow down to get into the flow and thus be more creative. As busy people, we all need some help with "slowing down". Getting involved in these creative activities—or right brained hobbies as I like to call them—is a wonderful way to slow down.

Other activities which are very healthy for us are Tai Chi, Yoga, Qigong and other slow moving martial arts or meditation as they help our energy to move throughout our bodies.

Any kind of walking in nature is also very grounding, helping us to move our frazzled energy back down into our bodies—thus it also "slows us down". Try a mid-day break lunchtime and take a walk. It's healthier than eating a huge meal. Be sure to pay attention to the nature on these walks, and not plan your next shopping trip or take your worries with you. Then the benefits are outweighed by the negative impacts.

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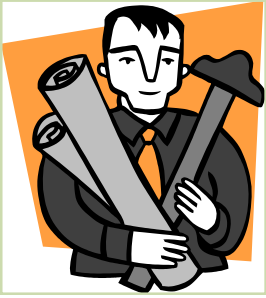
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Slow Down to Power Up

If you've been a reader for awhile, you've seen me use the phrase, "slow down to power up". For those that are unfamiliar.. It means that by slowing down, we can tap into our creative abilities and actually increase our productivity.

Let's take a closer look at this principle.



Remember:

- **The left & right sides of the brain are different**
- **Slow down to get out of the left brain**
- **And into the right brain creative flow**

1. How does the brain work? Most of us are very left-brained. We are comfortable with data, analytical stuff and the 1, 2, 3 type of things in our lives. When we are in our every day awareness, we are quite distracted. Our brain is taking in millions of bits of information every second, making it very easy to get frustrated with all that we have to do. It's really hard to stay focused with so much going on.
2. Now, the right side of the brain is geared to being creative, but it is also more abstract. When we are doing work that involves innovative thinking – not just the routine, but coming up with something really new and interesting, we are using our right brain. In this mindset, we are much more focused and "slowed down" so to speak—meaning that our brain wave functions are very much less than in the every day state. Here's the tricky part.
3. We can't be in the left brain at the same time as the right brain. They operate differently, so we have to allow ourselves to slow down to move out of the left brain and into the right brain creative side.
4. Moving into the right brain allows the creative flow. When we are in this "flow" we don't have to work so hard to get the particular job done – its easier, we make fewer mistakes, and the time just speeds by. Every get totally into a task and lose yourself? When I was creating my website, I started in and about eight hours later I realized that I had worked all night and the sun was coming up. I wasn't tired, nor did I mind the whole effort. I was really in the flow.

Thus, by slowing down, we are powering up!



Events and Happenings

I'm available for events– talks/book-signings related to my inspirational memoir—

The Circle of Life—A Journey Through Grief to Understanding

Please see www.josanpress.com for excerpts and reviews. Contact me at

joanne@josanpress.com or 703-624-0130 for questions.



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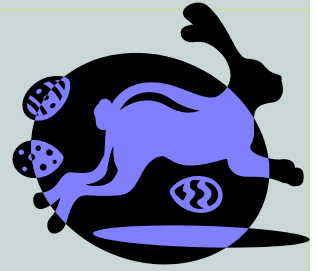
We're on the web:

www.empowerchangenow.com

Balance Your Life Corner

Lower Your Cholesterol

Want to improve your cholesterol? Try cutting back on traditional meats like beef or pork and give game meats a try like rabbit, venison and buffalo. Did you know that game meats have little fat and are low in cholesterol? Try trilled buffalo burgers next time you want a "burger".. they're delicious.



Hint! I get mine from Whole Foods in the frozen section. Or try rabbit stew in mustard sauce. Going gourmet is easy - just mix mustard with low fat sour cream for a fabulous low fat entree. **Serve this delectable dish with steamed carrots.**

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Don't forget the long weekends. Get away from home when you can, even if it's just for a nice drive to where there's trees and birds. Being around nature—living things—provides life-giving energy in return.

And, for those tense moments at work, remember to deep breathe. Yes, we all have to be reminded to breathe. We can hold our breathe when we get wound up about something and then we go into a frazzled state—not a good thing. Slow down your breathing—and you will slow yourself down. Use your mind to hold a vision of the event with a positive outcome.

If you're not familiar with meditation, even a few moments can really slow you down. Try it. I'm not particular on the kind. Anything that works is ok in my book. New to meditation? Here's a simple technique: while sitting upright in a chair, back straight, feet on the floor and hands loosely placed in the lap, just close your eyes and take a couple of deep breathes. Let it out slowly and feel yourself relax. Yes, even breathing slowly helps you to slow down your pulse and the other organs follow suit. Relaxing not only helps with creativity, but it reduces stress and potential for illness. With your eyes closed, think happy thoughts. Don't worry about the occasional planning or thing you forgot to do that flies by. Quietly allow your thoughts to just be. Eventually, you'll get to the point where your mind actually takes a break and there are no thoughts! It's quiet in there. Want a pre-packaged 10 minute meditation that's perfect for a mid-day break at the office? Check out www.beliefnet.com and look under meditations.

