

Take-A-Break!

Presented by Lisa Jackson

Have You Ever Found Yourself...

- Feeling overwhelmingly fatigued in the middle of the day?
- Spaced out or daydreaming during a meeting or conversation?
- Suddenly unable to remember a familiar fact, name, or word?

The 20 Minute Break
by Ernest Lawrence Rossi, Ph.D.
with David Nimmons

Or Have You Ever Known Times When You Were...

- Feeling particularly healthy and in harmony with the universe?
- Relating exceptionally well to family, friends and others?
- Performing surprisingly well in public and business meetings?

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You Probably Recognize Both Kinds Of Experiences.

- ❑ These are signs of natural peaks and troughs in a biological rhythm called “ultradians” .
(pronounced ul-TRAY-dians).
- ❑ These natural peaks pulse through us every 90 to 120 minutes.

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Basic Rest and Activity Cycle

- During the first 90 to 120 minutes of the cycle, we swing upwards on a wave of heightened physical and mental alertness and energy.
- Our skills, memory, and learning ability are at their peak.

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Basic Rest and Activity Cycle

- ❑ Then, for the next fifteen to twenty minutes, we swing down to a performance low.
- ❑ While here, we usually want to take a rest.
- ❑ Our body and mind wants to turn inward and recharge.

Energy Crisis

- ❑ Continuously ignoring the rest cycle over time leads to the classic symptoms of stress (headaches, digestive difficulties and irritability).
- ❑ To replenish your energy throughout the day, you need to avoid uninterrupted hours of steady activity.

Stage One Of The Ultradian Stress

- The take-a-break signals are the first mind–body cues that you need to take time out for inner rejuvenation, to break the cycle of stress generated by your activities.
- But you probably still feel good, so you plunge on. And everything is well for a while.

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Stage One Of The Ultradian Stress

- The signals intensify and suddenly you experience a need to stretch and yawn. Your stomach rumbles, you feel the urge to stretch your legs, you need to go to the restroom.
- Now you find yourself rereading the same sentence several times.

These are gentle reminders your body is sending that you need a restorative break.

Heed your body's call!

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Other Stages Of The Ultradian Stress

- High on Hormones – Ultradian rhythms are flexible and if we override our first set of signals, our body will compensate with stress hormones such as adrenaline. You will feel enthused and alert but with time you will be hyperactive, manic, rushed and irritable.

Other Stages Of The Ultradian Stress

- ❑ Malfunction Junction - Mistakes, silly mistakes – the hormones are nearly depleted but we keep going and judgment becomes impaired, its hard to read, write, think or even speak with our usual skills.
- ❑ We make repeated errors such as misspelling a word you know how to spell, you have memory problems and you misspeak and use the wrong wording.

Other Stages Of The Ultradian Stress

- **Rebellious Body** – This is the last and most destructive stage of Ultradian Stress. Areas of serious dysfunction can occur including sleep problems, gastrointestinal disorders, heart problems and finally, a shortened life span, etc., etc.

A Recap: Ignoring Or Overriding Your Natural Rhythm Of Rejuvenation Can Cause...

- ❑ Fatigue, stress, hypertension, ulcers, proneness to disease, backaches, headaches, muscle pains, depression, a lack of self-esteem, mood swings, and relationship problems.

Exploring At The Edge Of Science...

This information promotes a new approach to the classical mind-body problem (how does the mind and body communicate).

Awareness Is Your Friend

- Recognizing the signal of your need to rest can become a good friend. Greet them as good news. Find new ways of relaxing. If your mind continues to race on the issues or problems you were working on, simply allow yourself to be aware of your thoughts, soon you will learn to dissociate from them.
- Don't start off with preconceived notions of what your rest period should be like, each person will have unique patterns of rest and you will become attuned to your own.

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Creating and Sustaining Energy

- Because there are so many factors involved in creating and sustaining energy, there is no one, simple, sure-cure strategy for churning out more of it. But by integrating some key changes to your diet, your daily schedule, exercise regimen, sleep pattern and life outlook, you can easily tap into a far more consistent, dependable flow of energy than you realized possible.

Energy Flow From A Variety Of Sources

- While we tend to think of energy as a physical quality, there is a great deal of evidence to suggest that energy flows in the mental, emotional and spiritual realms as well.

Energy Crisis
ExperienceLifeMag.com
By Jennifer Barrett

- Stephen R. Covey states that the seventh habit should be to renew the four dimensions of your nature – physical, spiritual, mental and social/emotion.

The 7 Habits of Highly Effective People:
Powerful Lessons in Personal Change
By Stephen R. Covey

Tips To Improve Energy

- ❑ Food is a huge factor in the energy equation. Eat nutrient rich meals and snacks several times a day.
- ❑ Figure out how much sleep you need by gauging how long you sleep when given a chance (usually 7 to 9 hours for an adult). Then stick to that number as regularly as you can.

Manage Your Energy, Not Your Time

- ❑ Switching Time – A temporary shift in attention from one task to another increases the amount of time necessary to finish the primary task by as much as 25%.
- ❑ It is far more efficient to fully focus for 90 to 120 minutes, take a true break and then fully focus on the next activity.

Ultradian Sprints

- ❑ This term describes a level of intensity required in 90 to 120 minute work periods.
- ❑ Use the natural peaks of your biological rhythm to accomplish more.
- ❑ Don't multitask, create blocks of time to accomplish a significant and meaningful product.

Tips to Use The Ultradian Sprints

- ❑ Set a clear goal – A sprinter needs a finish line
- ❑ Kill distractions – Before you start your intensive working period, make sure distractions are unplugged, warned, or switched off.
- ❑ Set a timer – the timer allows you to focus your attention and creates a sense of urgency.

Building Our Capacities

- ❑ To build capacity, we must push beyond our normal limits, training in the same systematic way that elite athletes do.
- ❑ We grow at all levels by expending energy beyond our ordinary limits and then recovering.

The Power of Full Engagement:
Managing Energy, Not Time,
Is the Key to High Performance and Personal Renewal
by Jim Loehr and Tony Schwartz.

Tips to Use The Ultradian Sprints

- ❑ Determine not to stop before the time is up – Focus on the task and take advantage of your natural peak.
- ❑ Aim to accomplish as much as possible – This is not the time to relax and work at a slow and comfortable pace, push yourself to your best work.
- ❑ Then when your natural peak is waning, take a true break. Let your mind be fully relaxed.

So As I Said In The Beginning, Take-A-Break!

- Because energy capacity diminishes both with overuse and with underuse, we must balance energy expenditures with intermittent energy renewal.

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Tips

- During a typical 8 hour workday most people can expect to experience 4 to 5 peak periods when they are at their best. Recognize them and use them to your best advantage.
- Meetings should not last more than 90 minutes.

The 20 minute Ultradian Healing Response:
An Interview with Ernest Lawrence Rossi, Ph.D.

Ernesrossi.com

January 2, 2002 & June 11, 2002

Break The Coffee/Soda Break Habit

- ❑ Walk around the block or the building
- ❑ Stand for a few moments in the sun
- ❑ Eat a hand full of berries or nuts
- ❑ Peel and eat an orange
- ❑ Converse with a friend or co-worker
- ❑ Five minutes of deep breathing
- ❑ Dust your office, family photos and tchotchkes

Another Reasons To Rest - Improving Your Blink Rate

- Blinking provides moisture to the eye by irrigation using tears and a lubricant the eyes secrete. The eyelid provides suction across the eye from the tear duct to the entire eyeball to keep it from drying out.

Squinting at computer screen reduces blinking rate,
raises risk of dry eye
by Holly Wagner
Medical News Today
29 November 2005

Blinking Is Important

- Generally, we blink in intervals of 2-10 per minute; actual rates vary by individual but average around 10 blinks per minute in a laboratory setting. However, when the eyes are focused on an object for an extended period of time, such as when reading, the rate of blinking decreases to about 3-4 times per minute. This is the major reason that eyes dry out and become fatigued when reading.

Working At A Computer

- ❑ Squinting at a computer screen can cut in half the number of times someone blinks each minute. And research suggests this could lead to an irritating condition called dry eye.
- ❑ Just a slight amount of squinting reduced blink rates by half, from 15 blinks a minute to 7.5 blinks a minute. (Note: Studies differ in the blink rate per minute, but not in the effect of focusing on an object has on your blink rate).

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And Yet Another Reason To Rest

- ❑ The psoas muscle (pronounced so-as) is the core muscle of your body.
- ❑ Located closest to the gravitational forces, the psoas attaches to the 12th thoracic vertebrae (approximately at the level of your solar plexus/pit of your stomach) and to each of the lumbar vertebrae.

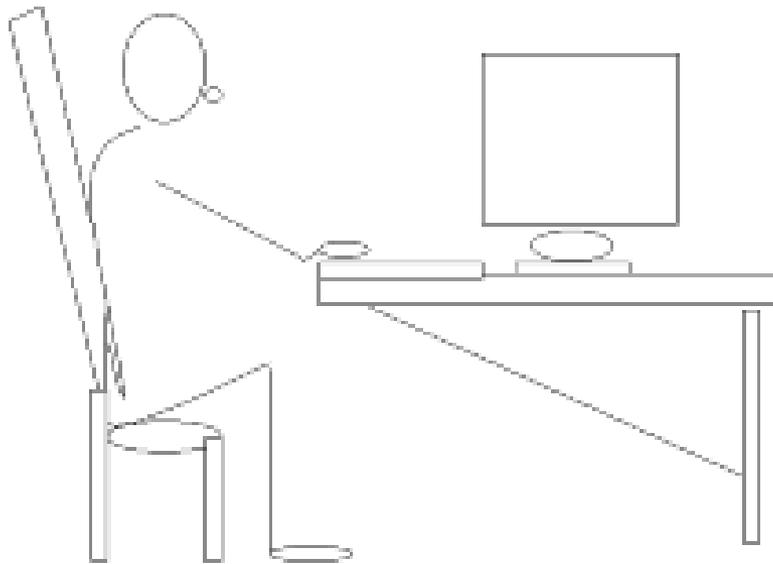
Depleting Vital Energy

- ❑ Sitting for long periods of time with a constricted psoas muscle depletes vital energy, curtails blood circulation, affects organ functioning and signals flee/fight reflex thus draining the adrenals and immune system. It's health affects every level of well being.

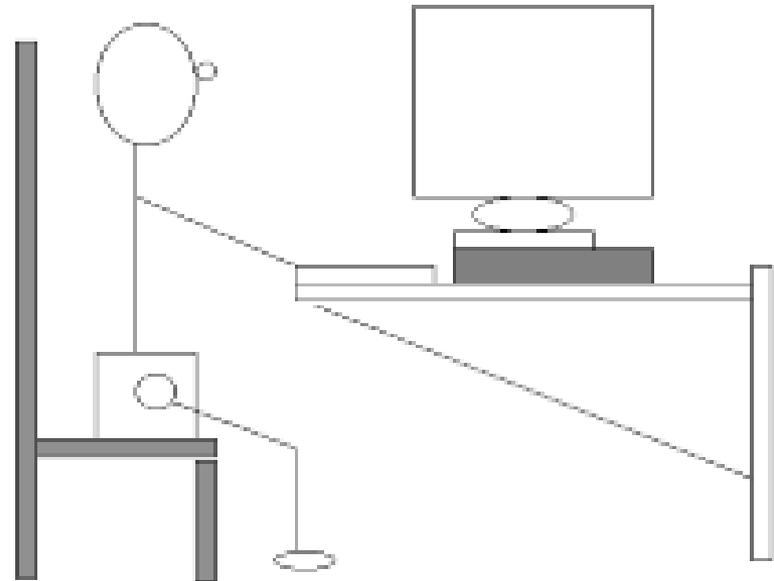
Here Are Several Tips To Help Your Psoas Function Properly:

- Sit on a flat chair.
- Sit with your weight in front of sits bones.
- Sit with your hip sockets higher than your knees.
- Keep your feet on the floor.
- Keep your jaw loose.

Typical Work Station (Incorrect)



Stable Work Station (Correct)



Dynamic Sitting

- ❑ Use “dynamic sitting”, don’t stay in one static position for extended periods of time.
- ❑ When performing daily tasks, alternate between sitting and standing or take small walking breaks throughout the day.

Rest Doesn't Mean Sitting There

- ❑ Contrary to popular belief, sitting, which most people believe is relaxing, is hard on the back.
- ❑ Sitting for long periods of time can cause increased pressure on the intervertebral discs — the spongy discs between the vertebra.
- ❑ Sitting is also hard on the feet and legs.
- ❑ Gravity tends to pool blood in the legs and feet and create a sluggish return to the heart.

Work Habits

- ❑ Repetitious static work (working at the computer) is very fatiguing on your upper extremities as well as your eyes. Taking a short break does not mean you have to stop working, other activities such as talking to a co-worker, making copies, filing, etc. could be done during breaks from typing.
- ❑ It is also important to change positions periodically. Sitting in one position or leaning on your arms for an extended period of time can interfere with circulation.

Conclusion

- ❑ There are lots of reasons to take-a-break, use them to your advantage.
 - ❑ Taking-a-break is the only way to maintain your energy and/or increase your energy.
 - ❑ Pay attention to your mind–body connection, awareness is your friend.
 - ❑ Use your natural peaks to push yourself and develop new capacities.
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New Information for Your Review

Stress Research is always being updated, but personal awareness is your best defense when it comes to stress and stress management.

The Secret Life of Stress Science



DENTIST

To anxiety... I bring relief

I'm your best friend

I am your Lucky Strike

*Try me
I'll never
let you
down*

Copyright 1935,
The American Tobacco Company

Radio Flash
Luckies are
on the air Saturdays, with
THE HIT PARADE
over NBC Network 8 and 9 p.m., E.S.T.

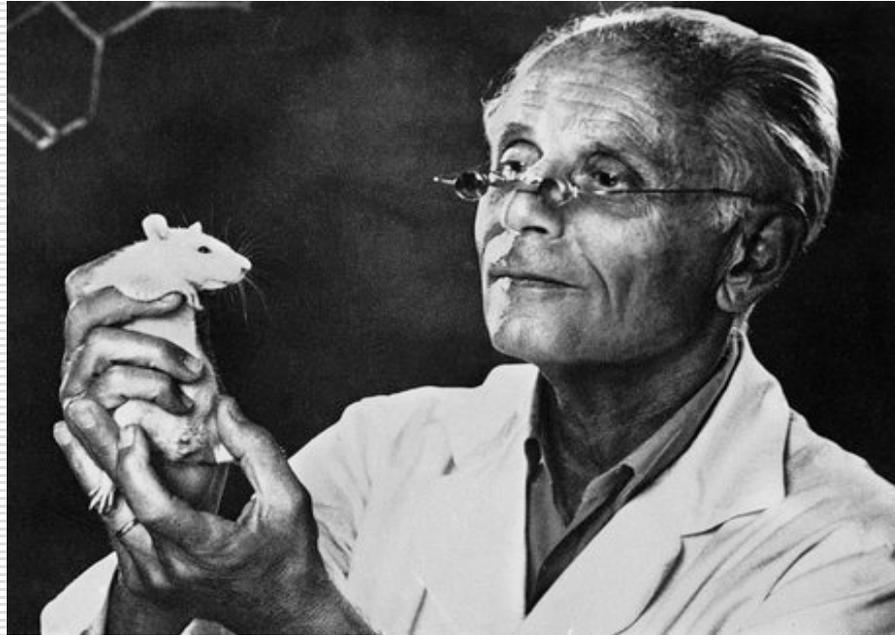
I am made only of the choice center leaves. The top leaves are bitter, biting. The bottom leaves are gritty, tough and unpalatable. My fragrant, expensive center leaves—so mellow and rich—give you the mildest, best-tasting smoke. I do not irritate your throat. To anxiety I bring relief. I'm your best friend.

The Secret History Behind
The Science Of Stress

By Alix Speigel
July 07, 2014

Father of Stress Research

He also work on the idea of the Type A personalities and the notion that a highly stressed personality caused heart disease. There have been very few studies which have actually shown that Type A behavior is a risk factor for illness. Of the studies that do show that, and there are only four, in three of them the researchers had some contact or money from the tobacco industry.



Endocrinologist Hans Selye popularized the idea of stress. His experiments with rats showed that prolonged exposure to stress led to physiological changes in the tissue of rats.

Hans was nominated for the Noble Prize 10X

...tobacco industry lawyers actually influenced the content of his writings, they suggested to him things that he should comment on.

**The Secret History Behind
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That's Right, Tobacco Industry Introduce Us to Stress Science.



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The Birth of Stress Research

- No matter how different the tortures scientist visited upon test animals in the 1930s, when they autopsied them, there would be physical changes particularly in the adrenal gland and tissues of the body.
- And so the idea of stress — and its potential costs to the body — was born.

Who Do We Owe?

- "What's never really been appreciated is that the tobacco industry was a major funder and stimulant of research on stress,"
- They were interested in promoting the concept of stress because it allowed them to argue that it was stress — not cigarettes — that was to blame for heart disease and cancer.

But Is It Really Bad For Us?

- But some scientists now argue that our usual narrative of stress — that stress is universally bad for health — is too one-sided and doesn't reflect the reality that some degree of stress can actually benefit people. Stress isn't always a bad thing.
- Still, the narrative of stress promoted by the tobacco industry through research and marketing is alive and well. A ghost from a long time ago continues to shape how we see, and experience, stress.

New Information About Stress!

- ❑ So are we more stressed out than ever before?
- ❑ Probably not. David Linden, a professor of neuroscience at Johns Hopkins University School of Medicine, said of the NPR study: “A lot of people imagine that our modern lifestyle — with constantly chirping cellphones and email and all these demands — has led to more stress. The truth is, it really doesn’t seem to be that way.” In fact, the causes of stress for Americans are “age-old troubles: illness, disease and the death of a loved one.”

by Anna Altman on NPR July 18, 2014

The Good Side

- Thankfully, there is a good side to stress. An NPR study notes that, in its primordial form, stress is meant to protect us from harm — that fight-or-flight jolt of cortisol — and for many, some stress can be galvanizing: 67 percent of those in the NPR study who reported having a great deal of stress in the past month believe that, at some point, stress has had a positive effect on some aspect of their life. About 4 in 10 say it has had a positive effect specifically on their work life.

Is Stress Helpful or Harmful?

- There's no question that stress, particularly chronic stress in childhood, has a very serious impact on long-term health.

By Alix Spiegel on NPR July 7, 2014 &
Adverse Childhood Experience Study/ACE Study

- Stress can drag us down or help us find ways to bootstrap our way up. If we can't avoid stress, at least we can choose how to respond to it

by Anna Altman on NPR July 18, 2014

- *So again I say, personal awareness is your best defense when it comes to stress and stress management!*
-

Knowledge is Power

- This presentation was designed to help you understand your body's energy cycles and how your reaction or lack of reaction to those cycles can cause stress to your body. With this awareness you can manage and even exploit your energy and your stress and not just react to it.
-