

## Creating a Restorative Lunch Break

Turn your 30-minute lunch into a restorative oasis. Even if you eat lunch at your desk take a moment to transition from working into a few minutes of relaxation. Imagine yourself stepping into a time warp where you can slow time. Before you begin to eat, take a moment to relax. Inhale slowly. As you release the breath, allow your shoulders to release any tension you might be holding. From this relaxed state, pause and allow a feeling of gratitude to emerge.

Begin lunch by smelling the aroma of the food, creating a moment of anticipation. Feel the texture of the food in your mouth. Taste the combination of flavors sweet, sour, bitter, salty and umami (savory), pungent and oleogustus (“fattiness”).



When you have finished your lunch pause and relax. Focus on your breathing. Feel the coolness of the air as it passes your nostrils on the inhale and the warmth of the air as you exhale. As you exhale, let the tension fall away from your shoulders. Hold the tip of your tongue just above your teeth and on the next exhale allow your jaw to relax. Take

another breath and relax your forehead and eyes. Just three breaths can cleanse your tension away.

From this relaxed state set your intention for the afternoon. When you are ready, exit your oasis and return to your work or other activities.



If you feel silly or uncomfortable, be gentle with yourself. The transition from “doing” into “being” is simple but not easy. Relaxation is not a luxury, it is a necessity for health. Don’t wait till you are on vacation. Creating brief moments of relaxation throughout your day, will pay enormous health benefits. Best of all, it will allow you to “Feel Fabulous Now!”



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