

# MOVE ABOUT WHEN IN DOUBT

WRITTEN BY SHARON BOWMAN

**So what makes the daily load feel heavy to you? Too much to do? Schedule interruptions? Health problems? People? Projects? Traffic? Noise?**

Can't get rid of things that make you feel physically and mentally uptight? Then do something to change the physical and mental tension you feel. People who take life lightly understand that when they begin to tense up and they don't know what to do, they move.

You can do it too. It doesn't mean you relocate to another job, house or town. It does mean you stand and stretch. Go get a drink of water. Wiggle your fingers and toes. Scrunch up your face. Raise your arms to the sky and then bend over and let them dangle in front of you. Shake out your hands. Lean backwards. Walk, skip, sun (for even a short distance—like down the hall!).

When you begin to feel tense, your brain is sending messengers (stress hormones) to the rest of your body telling it to get ready to defend itself against whatever it is that's making you upset. The messengers give you extra physical strength to take care of the problem.

But if you don't use the extra hormonal "muscle," it just hangs out in your body for awhile, giving you the jitters and muddying up your thoughts. Let those stress hormones stick around inside your body every day, and they'll eventually make you sick.

To dissipate them, you need to use them up. And to do that, you need to move. Oh nothing like running a marathon or climbing a mountain. Simple movements like walking, bending and stretching will do fine.

If you're at work, take a short hike to the restroom (where you'll do some deep breathing). Get outside for a bit. Do 10 laps around your desk. Stand and stretch. Drop a pencil and pick it up—then do it again.

Any movement will use up the stress hormones and get you back on track. You'll feel calmer and healthier, even if the tension-filled situation is still there. And sometimes you can think more clearly of a solution because you've given your mind, body and spirit a mini-break from it all.

(Editor's Note: Sharon Bowman's book "Going Lightly: Terrific Tips to Lighten Your Daily Load" contains 15 positive tips for making your day lighter and brighter. Move About When in Doubt is tip number 6. Visit [www.bowperson.com](http://www.bowperson.com) for more information.)

## THE TIP:

Build a "movement break" into every hour you work, especially if you have a desk job or are on your computer a lot. Even 60 seconds of stretching will feel like a miracle to your cramped body—and its gratitude will be boundless!

