



*A Special Report by Aurelia Williams*

[Real Life Coaching](#)

# Introduction

Welcome to “You Deserve A Break”. I created this report to share 15 different ways to take a break with you. Our lives have become so hectic and we seem to always be busy on the run, it’s easy to forget that we need to take a break every once in a while to rejuvenate and find ourselves again. Taking a short break is also a great way to de-stress.

“You Deserve A Break” was inspired by the “Journey to Joy” e-book, a hands-on guide to living a fulfilled life with action steps and exercises to guide you along the way. I invite you to get started on your journey to a joyful and fulfilled life at

<http://www.reallifecoaching.net/journeytojoy.shtml> and find the happier you.



Start by taking a break today,

*Aurelia Williams*

[Your Real Life Coach](#)

P.S. You are welcome to share this book with friends and family.

# *Fifteen Take a Break Tips*

Below you will find 15 great tips to take a little break. Use these any time you start to feel stressed, burned out, or when you just want to pamper yourself for no particular reason. You'll soon find that taking little breaks will leave you energized and more productive, allowing you to get more done in an easy and relaxed way.

## *You Deserve A Break – Start Taking It!*

### *1*

Get up before the rest of the family and start your day with some quiet time for you. Use the time to meditate, read a few pages in a favorite book, or just enjoy a good cup of coffee in peace. Starting your day off with a few quiet moments and fully relaxing sets the mood for the entire rest of the day. You'll feel calm and centered for hours to come.

### *2*

Trade play dates or join a mom's day out group to get a few hours a week for yourself. You can offer to keep a neighbor's child for a few hours one day in exchange for your neighbor doing the same for you. Or call a few of your local churches. Many of them offer Mom's Morning Out programs that allow you to drop your child off for a few hours. He or she gets to play with other children who are the same age, while you get a few precious hours to yourself. As tempting as it may be to just use the time to catch up on errands and chores, make sure you use at least some of the time to take a break and treat yourself. Get a manicure, shop for a new skirt, or just sit in a park and enjoy listening to the birds.

### 3

Plan meals ahead of time to avoid stress and hectic at dinnertime. Not only will it make meal preparation easier for you, but it also allows others in the family to get a head start on dinner if you are running late. Take a break after dinner while the rest of the family does dishes. For more information on meal planning please visit <http://reallifesolutions.net/personal/meal-planning.html>.

### 4

Have the stress and worries of the day left you tired and tense? Take a long bath. Soak in a tub of warm water to sooth and relax tension away. Enhance the effects of the warm bath by adding essential oils like lavender or rosemary.

### 5

Send the kids outside to play, then grab a cup of tea and a magazine and put your legs up for a few minutes. You'll be surprised how much better you'll feel after zoning out for a bit. Drink herbal tea instead of a caffeinated drink, if you feeling tense and stressed.

### 6

Ask grandma or another family member or trusted friend to baby sit and go on a date with your spouse, or even go away for a weekend. Taking a break with your partner not only relaxes and rejuvenates; it also does wonders for your relationship. Indulge in some couple time every once in a while.

### 7

Do a few stretches and yoga exercises at your desk. Sitting at a computer for hours can leave your neck, back and shoulders tense. Give those muscles and yourself a little break and stretch. Your body and mind will benefit from these little timeouts.

## 8

Take a walk. Even a short little walk can clear your head, get your heart rate up and your blood pumping, giving you an instant energy boost. Go out for a walk if you are stuck with a problem, feel tired, or to just get a little time to yourself and some exercise at the same time.

## 9

Turn off the TV and read a good book after the kids go to bed. We have gotten so used to just flopping down on the couch and watching TV after a long day, that we forget that there are other, quieter activities like reading a few pages in a good book, talking with a spouse or friend, or just staring at the stars to help us wind down before bedtime.

## 10

Get everyone to clean house together, then take them to the park or go on some sort of fun family outing, that's relaxing or fun for you as well. You don't have to be the only one stuck with all the cleaning chores in and around the house. If everyone works together, there's plenty of time for a break and free time as well.

## 11

Treat yourself to a manicure or a new haircut. Not only is the treatment itself relaxing, but you'll also gain confidence and feel better about yourself when you look good and feel pretty.

## 12

Make time for girlfriends. It is so easy to lose ourselves in everyday family and work life. At least once a week, do something with a friend. Meet someone for lunch, go to a movie, or plan a girl's night out on the town, or a slumber party with chick flicks and lots of girl talk.

## 13

Learning something new can be a very rewarding experience. Take a class in something you have always been interested in. This could be something creative like a pottery class, or learning a new language. Learn something new at least once a year to keep yourself challenged and to take a break from your everyday life.

## 14

Take care of bills while you wait in the carpool, at the doctor's office etc. Spend the time you save doing something just for you. Browse through your favorite bookstore, go to a play, hang out at your favorite park, or go shopping in the mall. Do whatever you enjoy. This is your time; you earned it!

## 15

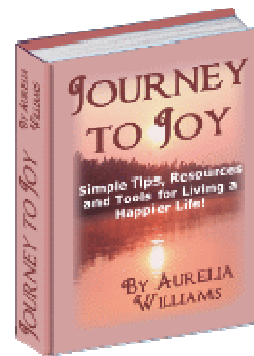
Do a few breathing exercises and close your eyes for a minute or two when you get stressed out during the day. Taking these mini breaks throughout the day will keep you calm and centered and ready to handle anything life throws at you.

## *Now You Know What To Do!*

I challenge you to use a few of the ideas in this report and take a break. You'll be surprised how much better you feel and how much more you get done, enjoying (almost) every step of the way.

If you are ready to continue on the "Journey To Joy" with me, I would love to share other ways to enrich your life with you.

Visit <http://www.reallifecoaching.net/journeytojoy.shtml> for your copy of the Journey To Joy e-book today.



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