

# Pondering Point

Tension is inevitable. The positive side is that we care enough about something to be stressed. The dangerous side is that if we don't learn to go with the flow, it may pull us under. Tension may come from the pressure we put on ourselves as we strive toward our goals or try to become the person that we feel we should be. In the wake of this anxiety we are not the only ones caught at sea. If we look around, we may see that some of our relationships with others may have suffered.

Perhaps the most important thing that we can do to keep from getting washed away by the tide is self-preservation is to give our mind and our body a chance to slow down and unwind. Constantly fighting the current can be exhausting, so flow with it by taking one step at a time. Remember the three Rs:

**Release** – Find outlets to physically and/or emotionally let go of your tension, like exercising or journaling.

**Reconnect** – Get back in touch with those you may have neglected or offended, including your family, your hobbies and yourself.

**Relax** – Allow yourself to find peace doing what brings you joy, such as meditating, reading, and music or even shopping.

## How do you UNWIND?



**Imagine...** celebrating who you are, how you live and what you have.

### — From Pondering to Practice —

#### **Self Reflection Activity**

Creating a personalized “Stress Kit” can help us in times of tension to remember the three Rs. And when the thought of trying to remember one more thing seems unbearable, this can be a quick go-to guide to remind us how to unwind.

#### **Try This → The Stress Kit**

In a notebook or journal, write down the three Rs and answer the following:

**Release** – *What can you do to physically or emotionally to rid the built up tension in your body?*

**Reconnect** – Think about who or what may have gotten caught in the wake of your stress.

– *Have you ignored or offended anyone?*

– *Was that right/ethical?*

– *Have you neglected yourself or your hobbies?*

**Relax** – *What can you do that is peaceful that will give your mind and body a chance to rebalance itself?*

**Keep this kit somewhere for quick access.**

#### **Activity**

When looking at your Stress Kit, you may see a few relationships that need to be re-established.

#### **Try This → Reconnect & Rebalance**

Think about those that have suffered from your stress.

– *How can you reconnect with them today?*

Actively seeking to rebuild those relationships now will help to avoid any added stress now and in the future.

**"Tension is who you think you should be. Relaxation is who you are."**

– Chinese Proverb

We first heard about the “**three R’s**” while attending a **Fred Pryor Seminar**. This organization is one of the most respected international professional development providers. Find a seminar near you today at [www.pryor.com](http://www.pryor.com)!