

## ***Are You a Busy Adult? You Need to Be a Kid Again***



Children look forward to recess at school. This is the time they get to laugh and play. Their noses aren't stuck in books, and they don't have teachers to deal with. Recess is fun. It's downtime when kids don't have to think about boring school stuff.

Adults need to be more like that every now and again. They need more recess in their lives.

We understand you have a lot of responsibilities to handle. You are a grown-up, after all. Adulthood can be difficult, and it requires you to be serious. Many people depend on you, including yourself, so you definitely have to be serious and structured much of the time.

That doesn't mean you can't benefit from being a child again. That means starting to add recess to your busy schedule.

## Break up Your Day with Some Rest and Relaxation

Many schools schedule recess in the afternoon. Lunch is a great way to break up the middle of the day. Then the kids head back to the classroom. Their bellies are full, and their minds wander, often losing focus in the early afternoon.

***This is the perfect time for recess.***

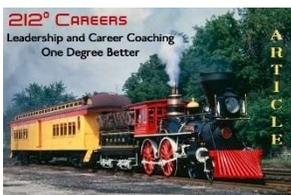
An inattentive child who can barely keep awake during math class becomes a high-energy playing machine when recess rolls around. The kids play just to play. They shut down their deep thinking and just enjoy the moment.

Adults can also benefit from this approach. Schedule a 30-minute dose of me-time in the middle of your day. Whatever part of the day is the toughest for you to muddle through, that's when you need to rest and relax for a little bit.

If you can't afford a half-hour session all at once, consider giving yourself two or three 10- or 15-minute sessions throughout your day. The idea is to enjoy a little downtime. Stop thinking. Quit consciously worrying about everything. Put yourself in a physical and mental state that is just short of sleeping. For that matter, go ahead and enjoy a full-fledged nap if you have the time.

You'll find that you appreciate your day more when you reward yourself with downtime. You benefit from more natural energy that can help you get through a difficult day. You need break time just like kids do, and you deserve it.

Being a grown-up can be difficult, but you don't have to hate it. You can make it much more enjoyable by appreciating all your hard work. Reward yourself with lots of rest and relaxation. Be a kid again and enjoy your much-deserved recess.



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