

# POWER OF RELAX!

## Restart & Kill your Stress by Sleeping

Simone Janson (ed.)

Recover & rest  
against sleep disorders &  
fatigue, work more  
efficiently with  
resilience mindfulness  
calmness & psychology



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*Simone Janson (ed.)*

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# **Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book**

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# **Use reflection phases, achieve goals: 5 steps for good intentions**

*// By Jörg Romstötter*

Winter mostly shows its nasty side in this country. And yet this season of the year has a decisive influence on us and our future, because it helps us to achieve our goals.

Winter as a reflection phase

The nature is just around this low-season reflection zone of the first quality. At this time, we are particularly aware of what is really important to us and we set the course for the future. Because our mood is permanently influenced by a rich hormone cocktail.

The lesser light causes a shift of the mixture towards the hormones which make us calm, gentle, inwardly balanced, introverted and also sleepy. They put our bodies on energy savings. This makes us lighter and weaker in sex. Yes, correctly read, for example from November to February, losing weight is associated with considerably more violent counterreactions of the body such as hunger, lack of energy, lack of drive and blackening. For this, we lose weight in the following spring all the easier.

## **Relax from summer**

Relaxing from busy summer is the program of the time. This was programmed in millimeters in us. We can escape this only by flight into sunbathing lands. But that is the point. The energy saving mode has an extremely useful effect on us: it promotes introspection. At this time of the year, we perceive much more clearly what moves us deep inside. Assuming, of course, we leave it to.

We have now increased the need to review the year and our past. We have just the leisure to look at ourselves and our contribution to the events. Right now, we recognize particularly well which learning effects we can take from the experience for us. We can not do that at any time of the year. Not for nothing, there is the custom of the year's premiums right now. And not in summer, for example. In the summer, it pushes us outside, we want to experience and make.

## **How good intentions work**

So, as we are now thinking about ourselves, others, and the events at this gloomy-comforting time, we are inevitably struck by things which do not at all suit us so much. Some of them will be completely new inconsistencies, others are old

acquaintances whom we have been dragging with us for years and decades, pushing ahead or pushing with varying success.

Suddenly we have a burning desire to change something or everything: “Out! Enough! Past! Now it has to be different!” Perhaps it will come to us and we will get to work full of action and red-hot resolutions. But this flash in the pan quickly unsuccessfully.

### **Achieve goals: resolutions in 5 steps**

How do we proceed properly to make the most of this valuable time? Best in 5 steps:

1. First, it is crucial: go for it quietly. Let the time. You have the time anyway, because you alone decide your time. In addition, you have made it easy for many years and you have not changed it yet. Since it does not come now for a few weeks.
2. Take your time. Alone, if you already allow time, you will be the good feeling master of your time. This awareness is the basic prerequisite for all further steps. Without this coherent feeling, you do not need to go further with your future planning. Let it stay, save yourself the time and the energy.
3. If you are in harmony with yourself and your contemporaneity, make long walks in as much nature as possible and sit extensively in beautiful places in nature; with a view. Sit in front of a (fireplace) fire or a candle and also linger in the evening in the non-lit room in the dim dim light of the night.
4. Write down what does not fit you, what you want to have changed, where you want something else for your future. Be sure to write it down, otherwise you'll get caught up in unproductive thoughts. This will not take you further.
5. Then you feel inside. Exactly, you feel. You do not ponder around forever, but you feel into yourself and your problem themes. Diving Solutions Alternatives? Which? Do you feel untroubled about the possibilities of solutions? Write down this. Are you afraid of alternatives? Note! What feels good, even if you leave it as it is? Although you first thought it would change. Write it down.

### **Result: changing things with new energy**

You have taken out where you are unvarnished and actually willing to spend energy on things that do not suit you. You know what you want to change because you do it for yourself. Not for others. And no matter what you want to change, you'll need immense energy, stamina, persuasion, and frustration tolerance. Of course, otherwise you would have done it nonchalantly.

And you have just made the necessary energy available. You will change things, not because you mean to change them, but because it is a real need to you. Because it is important to you, and not because others think of you. And then you do not