

# Powerbreak

*This is a brief but very powerful process you can use to recharge your mental and emotional battery throughout your day. It's helpful whenever you're under stress or feeling overwhelmed, or if your energy level, mood, confidence, or presence fall below healthy levels.*

*You can build Powerbreaks into your daily schedule as preventive care for your mind and body.*

*People who perform a Powerbreak every couple hours maintain a higher level of energy and productivity, as well as completing their days with greater optimism and humor.*

**Powerbreak is meant to be done in three minute increments.**

1. Sit quietly in a place where you'll be left alone. Close your eyes. Take three deep breaths. With every breath in, picture yourself breathing in relaxation. With every exhalation, picture yourself releasing stress and tension.
2. With the middle finger of your right hand, tap on the area in the middle of your forehead just above your eyebrows for ten repetitions.
3. Place your hands comfortably in your lap. As you continue to breathe slowly, deeply, and evenly, imagine that your breath is coming in and out through that spot.\*
4. If you're experiencing any negative emotions or unwanted thoughts, say to yourself, "I release this feeling. I release this thought." Again, return to the area on your forehead.
5. Now, repeat the following affirmation silently for five repetitions contemplating its meaning for you: ***Every day in every way, I'm getting better and better.*** \*\*
6. End your session with three more deep breaths and open your eyes.
7. ***Notice how this brief Powerbreak quickly recharges you and prepares you for your next challenge!***

*\*You may see flashes of light or feel a glowing feeling. You may notice your eyes beginning to flutter. You may also notice tingling in various parts of your body. Whatever you feel is OK. Just observe it and try to keep your attention on that area.*

*\*\*This is a 100-year old affirmation coined by Emile Coue, the father of Autosuggestion.*

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