

# 7 Days of Rejuvenation

It is easy to get caught up in the hustle and bustle of life and forget about your own welfare – especially after the holiday season has come and gone. It is important to take a step back and do something for you – to rejuvenate your mind, body, soul and spirit. Give yourself some time to recharge and refresh your inner self with our seven-day rejuvenation plan.

## Sunday

### Take a walk!

Walking is a great way to clear your head and center your thoughts. On your walk, allow yourself to take in the environment and find new perspectives to life's stresses. "Walk barefoot in the grass and notice the beauty all around you. Touching our bare feet to the earth reduces the effect of all the electromagnetic frequencies we are exposed to on a daily basis," said Wendy Wells, a naturopathic doctor in Scottsdale. "Research has shown this lowers stress and promotes calmness in the body, and normalizes the body's biological rhythms. Once you feel grounded, you have a much clearer connection to your soul."

## Monday

### Go to bed early!

Sleep is truly important to our everyday well-being. Though it is easy to make excuses as to why we don't sleep enough, make it a point today to get to bed early and get at least six to eight hours each night. You will feel refreshed in the morning and ready for the day.

## Tuesday

### Go to a yoga class!

Believe it or not, yoga massages every muscle in your body. According to [HealthandYoga.com](http://HealthandYoga.com), "Yoga is perhaps the only form of activity which massages all the internal glands and organs of the body in a thorough manner, including those that hardly get externally stimulated during our entire lifetime." This stimulation wards off diseases and gets us more in touch with our bodies. If you don't feel you are flexible enough for yoga, there are simple poses that will help relieve stress. "One way to 'reset' the nervous system is to take all the pressure off the body," Wells said. "To do this, lie down on your back, put your feet in a chair and just simply relax for a minimum of 20 minutes per day. During this time, you do nothing but relax," Wells said. "This is called the Rejuvenation Pose."

## Wednesday

### Journal!

Many studies show that writing just 20 minutes for four days in a row can offer positive health benefits for more than six weeks, as stated in "Writing as a Way of Healing" by Louise DeSalvo. In the book, DeSalvo lists four necessities for using writing as a way to heal and rejuvenate:

1. Write regularly and in a relaxed manner. Don't force it.
2. Be patient while you write, but try to stick to a routine.
3. Pay attention to your surroundings and how you feel when you write.
4. Don't judge your work, as sometimes we are our own worst enemies.

## Thursday

### Meditate!

The practice of meditation has been shown to lower blood pressure, reduce cortisol - the stress hormone - strengthen the immune system and calm the nervous system, as well as relieve anxiety, depression and insomnia. Sarah McLean, founder of Sedona Meditation, recommends incorporating meditation into your daily routine, ideally for 20 minutes. Whether you meditate through mindfulness, movement, sense of sight or sound or reflection, the practice can balance the mind and spirit.

## Friday

### Breathe!

Though this may seem simple, taking a time-out and breathing deeply will calm your body and soul. Take 10 minutes out of the day to sit quietly and breathe. To start, inhale through your nose for a count of five, fill up your lungs and hold for a few seconds. Then slowly exhale through your nose for a count of five. Continue for remainder and develop a rhythm with your breathing. Allow your heart rate to decrease and be at ease.

## Saturday

### Pamper day!

If you have the means, there are many treatments performed by professionals to aid in the rejuvenation process. The Spa at Gainey Village Health Club in Scottsdale offers a six-day rejuvenation program that can be completed over a six-day period or a six-week period. "The six-step rejuvenation package has been developed with imbalances in mind, and addresses the entire wellness of ourselves versus just one part of health," said Jennifer Wolff, public relations manager. "To be in complete health means to address all the different aspects of what makes a person healthy - mind, body and spirit - and with the different steps to rejuvenation, we have addressed all of those aspects," Wolff said. "Within each step, there are four different functions that make up that step."

SOURCES  
[HealthandYoga.com](http://HealthandYoga.com), [Sedonameditation.com](http://Sedonameditation.com),  
[Villageclubs.com](http://Villageclubs.com), Dr. Wendy Wells