

Thought Rejuvenation Plan

Human mind is the seat of constant thought activity. Thoughts are our invariable companions even when we are sleeping. Medical sciences have proven that thoughts lead to intense physiological changes in the body. Negative thoughts lead to bad physiological reactions. And, positive thoughts lead to good physiological reactions in the body. It can therefore safely be assumed that the body is controlled by the thoughts occurring in the mind.

Life today is extremely stressful. Despite the best efforts, it is sometimes difficult to keep good thoughts flowing. For the sake of keeping good health, it is necessary to keep reviving our thought patterns. Here are some practical tips to follow.

- Your day may be fully planned. But, it is extremely necessary for you to take time out from time to time. This is not just a clever play of words. It is the essence of maintaining your sanity through an insane day.
- Instead of asking for your coffee to be served at your desk. It is a good idea to take a stroll down the hallway to the coffee machine. It gives you a few minutes to clear your mind.
- Keep a good book in your office. Take time out to read a few pages in between meetings. It not just gives you time out but also breaks the monotony in your thoughts.
- Meditate for some time. It can be done anywhere and you do not need to follow any set rules. Even if it is difficult to achieve an intense trance stage, just giving some time for your thoughts to flow freely is extremely rejuvenating to your mind and body.
- Keep some good music always at hand. Even during meetings, if you feel right, soft music can play in the background. It provides much needed relaxation to the tempo of the meeting and gives respite to your thoughts.
- Every weekend take some time off and pamper yourself. You can go for a massage, get a manicure, pedicure, or a facial done at a spa. This is not just for the ladies. Even men should take time out to pamper themselves. It feels good and is very relaxing for your thoughts.
- Improvise according to your circumstances and make a perfect thought rejuvenation plan for your day. It helps you in busting stress and enhancing your achievements.

These thought-monotony breaking tricks may look very simple but just try to remember how many times you forget to implement them. You are sure to realize their immense value.

Writer: Neena Dayal

Copyright: WordPep™