

# Time Out – It's Important!

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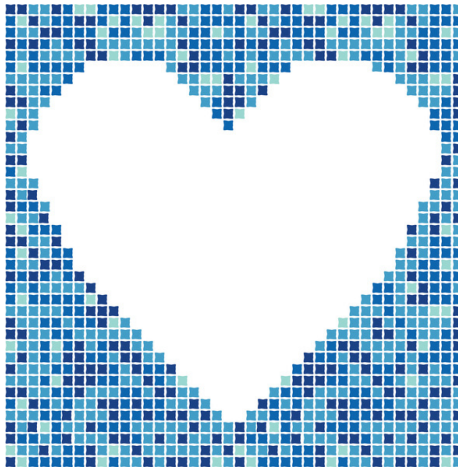
Redress the balance and feel better says Jessica McGregor Johnson

With all that is going on in the world right now many people are telling me just how frazzled they are feeling. For some, life is feeling completely out of balance. For others they are concerned about everything going on in the world and feel overwhelmed. It brought home to me yet again just how important it is to take time out every now and again.

Much of the current stress people are feeling is very similar to the feeling of being burnt out. When that happens it is good to identify something that would put a break in the pattern. Something that you could do to really take time out and redress the balance within yourself. Taking time out on an individual retreat is the number one choice for recharging the batteries and gaining some insight into what's next in life.

However, if taking a retreat is not possible for you right now, you can take that time out for yourself at home. This does not mean just clearing your calendar and doing nothing, although doing nothing may be a big part of it. Just as in the retreats I offer, coming back to yourself, getting back in touch with who you are and what you want from your life is also part of it too.

If this sounds like a great thing to do, then identify what day or days you are going to gift yourself this space. Then tell anyone who may have claim on your time that you are not available that day, even if it is your family. You giving yourself the gift of space does not mean that you just don't work – it means that you



are with yourself totally and no one can ask anything of your that day. And if you need to go away – take yourself to somewhere nice so you can really turn off.

This time is also about making decisions just for you. I had someone come on retreat and I asked her when she wanted breakfast and her response was “I don't mind” and in all truth, she probably didn't mind. But that's not the point – when you are gifting yourself this time out you want to mind – you want to do whatever feels right for you and for you alone.

So, plan your day. I suggest you start with a meditation. If you meditate regularly that's great but if you have not meditated before you can go to my website and download a free meditation from the Resources page. Meditation is a great way to start any day, it brings you into the present and permeates your

day. After your meditation make yourself a lovely breakfast - all your favourite things and that goes for all your meals that day. Whatever will feel nourishing, nurturing and loving. The rest of your day is up to you.

You might like to read an inspirational book, book a massage (preferably someone who will come to your home), go for a lovely walk, sleep, just sit and be, write, draw, sing, dance. Whatever feels nurturing. If you have my book *The Right T-shirt* you may like to do some of the exercises that help you reconnect with your heart and see what's important to you. The main thing is that whatever you do on this day (or days if you can swing it) you are doing things that feel good to you, rejuvenate you and things that you wouldn't normally do on a 'day off'.

When I am on retreat with someone we always set an intention about what the attendees want to take home with them. Feeling more in touch with their heart, a clarity about next steps, a decision made, feeling better about a situation, a plan of action to move forward. Do the same for yourself, set an intention on what you want from this time out. Once you set an intention the day will unfold with more purpose.

Retreats, time out, space – they are all important in our life. We so often do not come first and there are just some days when we absolutely 100% need to come first. Redress the balance and feel better – about yourself, your life and your future.

## about the author



Jessica offers Life Guidance & Mentoring to people who are at a crossroads in life. She typically finds that for many having reached the success they have worked towards for many years there is a sense of something missing, that this cannot be “it”. She guides you to discover yourself anew, identify your true passions, and live them, whether it be in your work or personal life. She works internationally with people individually on the phone and Skype as well as offering her signature “Get Unstuck in Two Days” individual retreat in Spain voted one of the top ten retreats for real change by Queen of Retreats. She is the author of *The Right T-Shirt*, *Write Your Own Rules* and *Live the Life You Want* and you can read the first two chapters of the book and find her other free resources at [www.jessicamcgregorjohnson.com](http://www.jessicamcgregorjohnson.com). You can also follow her on Facebook at [www.facebook.com/JessicaMcgregorJohnsonCoaching](http://www.facebook.com/JessicaMcgregorJohnsonCoaching) and Twitter @Jessicamcgj.

