



Energy/Mood App "Chill"

RECHARGE YOUR BATTERY! Deliberately decrease your arousal. Sometimes it's necessary to step on the brakes and reduce stress to your system!



For App Chill, take a few really deep breaths. Picture yourself at rest in a peaceful, calm place. Imagine the feel of warm sand on your skin, smell the flowers, hear the bubbling brook, the surf and whisper of the wind. Take your time. Stretch.

Inhale deeply for each part of your body (breath deep for your left foot, then the right foot, next for your left leg, right leg, etc.). Breathe in, hold your breath for a few seconds, and then gently relax while blowing out. Say "Ahhhhhh". Learn to relax each muscle, one at a time. Focus on being still. Simple Yoga or Tai Chi moves also to help bring you down from a "high-revving" overactive mode. Make a healthy habit of this deliberate chill out

When do you use **App Chill**? If you are busy, you do not have a lot of time to take naps or a long hot bath - so monitor yourself and use this quick, simple way to wind down and stop "Overclocking". Use **App Chill** as needed!

Energy App – Energize



Deliberately rev up your system to increase alertness and vigilance on command. If you were driving and the road conditions got worse (e.g. traffic, bad weather), you'd intentionally increase your mental awareness and tune out distractions to concentrate. Now apply this ability for your daily life and success!

If you need a boost, force yourself to get mentally energized. Like a pro athlete, get your "game face" on at work, school or play. Make your mental computer run faster. Better than a drug or caffeinated drink, is your own ability to focus and get motivated. Give yourself an internal pep talk: Reminding yourself why you are doing what you need to do and the rewards you'll get for your efforts! Use your personal will power to get aroused. Speak to yourself: "Wake up! Today is going to be a great day!", "I have lots of energy!" or "It's show time!"

This is a kind of play-acting to "psyche" yourself up. Consider things that scare you into action such as "This is really important. Bad things will happen unless I get motivated now!" It's just a bit of dramatic acting to create a mini "mock-crisis" in your head, to get you into gear. This is a forced alert to take it up a notch to party, work or love better.

*Note: Anyone who is so depressed that it impacts their life and performance should visit a health professional. **App Energize** is helpful when you need an occasional lift. But if you need a lift most of the time; you've a problem. Take care of yourself - seek help from a pro.