

2. LET IT ALL OUT – get physical!

Start with just shaking out your arms and your legs, shrug and release your shoulders.

Next, choose one or more of the following at your own pace:

	Walk around the block
	Side-to-side steps for 2 to 5 minutes
	March on the spot, lifting one knee at a time to your chest, 30 to 60 seconds
	Arm windmills, slow and sweeping, 20 in each direction
	Shoulder rolls, 10 times and one long exhale
	Put on a lively song and let your body move however it wants

Repeat the two steps as needed until you feel you have released some of the stress in your mind and the tension in your body.

Clarity usually comes once your nervous system has settled.

Only then is it worth deciding your next best course of action.