

# LIFE-STYLE OF THE CALM AND RELAXED

Time	Activity	Relaxation Results
6:30 A.M.	Wakes up	
6:45-7:15	Brisk walk	Physical activity reduces stress
7:15	Showers	Physically relaxing
7:45	Dresses and feeds kids	
8:30	Drives to work and listens to classical music	Diverts mind from traffic and other stressors
9:00-10:30	Returns phone calls, sorts mail	
10:30	Enjoys view from office window	Mental relaxation
10:31-11:30	Works on important project	
11:30-11:40	Has brief social conversation with a co-worker	Pleasurable source of mental relaxation
11:40-12:00	Resumes work	
12:00	Compliments self for hard work	Reduces performance anxiety
12:01-1:00 P.M.	Meeting with boss to discuss future projects	
1:00-2:00	Meets friend for lunch; discusses upcoming vacation	Diverts mind from work and focuses attention on enjoyable topic
2:00-3:00	Resumes work	
3:00	Sits back in chair, closes eyes, and daydreams	Mentally and physically relaxing, focusing attention on a relaxing activity
3:03-4:00	Continues work	
4:00	Walks out of the office, takes a deep breath, and stretches upper body	Physically relaxing
4:05-5:00	Finishes work	
5:00	Drives home and listens to radio talk show	Relaxes and takes mind off business issues
5:30	Changes into play clothes	Symbolically "ends" the work day
5:35-6:00	Reads story to children	Brings pleasure
6:00	Cooks dinner	
7:00	Eats dinner with family	
8:00	Flips through a magazine	Mental and physical relaxation
8:30	Helps kids to bed	
8:30-8:35	Deep-breathing exercise	Mental and physical relaxation
9:00	Relaxes on sofa with spouse to watch TV and chat	Helps to relax physically and mentally
10:00	Goes to bed	