

## STAYING REJUVENATED

Remaining inspired to keep on with work can, at times, prove challenging. This short essay provides a reader with three suggestions on how to keep the focus and appreciation on his/her vocation even when circumstances pull to the opposite direction.

### Suggestion #1

Be kind to your self by keeping healthy habits. Without a sound body and mind, we risk initiating a slow downward spiral with formidable consequences. Eating lots of good food, drinking enough water, taking deep breaths regularly, performing exercises (or stretching), and sleeping well all contribute to a clearer experience of living. In addition to being kind to yourself, be kind to others, including the environment and its non-human inhabitants. This contributes well to our sense of purpose and fulfillment. According to the [kindness center](#) in Biddeford, Maine (USA), “Medical studies have even revealed that an act of kindness is so powerful, that it actually elevates serotonin levels in the brain. Serotonin is a neurotransmitter that has many effects, one of which is to simply feel good. But what is more astonishing about kindness is this: when an act of kindness is performed; the giver, the receiver and even a person who is a witness to an act of kindness have their serotonin levels increased”.

### Suggestion #2

Strive for balance between the work life and the personal life. Though this proves especially challenging for those of us who tend to push the limits, it is possible to achieve. Such possibility becomes the result when we commit and stay loyal to healthy and holistic boundaries, set by placing personal growth as a first priority. Set some quiet time aside for self reflection to ensure your actions are aligned with the boundaries set. During stressful periods, seek counsel from people you trust and respect. This will help to relieve your mind of worries because you are sharing your thoughts with those important to you (best friend, spouse, children, etc.). And as a rule of thumb, for adults especially, do not forget to laugh and play!

### Suggestion #3

Appreciate both the achievements and the failures. It is easier for us to down trod on failures while exalting the achievements. The key to equally appreciating both the accomplishments and the failures is to realize that there would be no learning without failure. Every failure is a success so long as something valuable can be gleaned from the experience.

## Reference List

The Kindness Center

<http://www.thekindnesscenter.com/Living.html> (Accessed July 7, 2008)

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