

From Work to Weekend

[Invitation]

The weekend is finally here and all you can think about is ... work? It's difficult to forget about what's going on at the office, just because the weekend is here.

Yet taking a true break from work is essential—for your health, your relationships, and even for your job.

Here's a brief meditation to help you transition from the busyness of your work week to the relaxation and freedom of the weekend ahead.

[Begin]

Find a seat where you feel comfortable and alert. This may be at your desk with your computer turned off, in a park on the way to your car, or on your bus or train commute home.

To start, take a few clearing breaths, inhaling through your nose and exhaling audibly through your mouth.

[Apply]

Now begin focusing the breath through your nose only, breathing in for a count of 3, pausing, and letting the outbreath extend a bit longer. Continue breathing in this manner until you can comfortably breathe in for a slow count of 4, pause, and breathe out for a relaxed count of 6, all through your nose.

[Treat]

Breathe in ... and this time as you breathe out, imagine letting one thing from your work week go. Breathing in, allow any work worry or to-do item float to into your awareness, and breathing out, gently let it go. Do this again: Breathing in, notice ... breathing out, let it go.

With each inhalation, notice the expansion in your chest, throat, face. With each exhale, feel your body and mind relax more deeply.

[End]

When you feel you've let go enough, take a few moments to observe the spaciousness now present. Know that anything important that you've left behind will be there when you're ready to deal with it. For now, see yourself moving into your weekend, relaxed, open, happy. Open your eyes.