



HOW TO CREATE FREEDOM

HOW TO PAUSE

BREATHE



DO YOU FEEL GUILTY IF YOU DO NOTHING?

In this time when everything has to be higher, faster, further, I invite you to take a break. Relax and just do nothing at all.

In sports and in some other areas it is known by now, but still rather not. It is also not made particularly public. I find that very unfortunate, but now I'll tell you a secret – drum roll!!!!

You grow in the break

You process in the break

You understand in the break

You integrate new things in the break

So then, when you do nothing!

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Has the following happened to you? You learned something new, got some new information and couldn't understand it right away? The next day you understood it. Sometimes, of course, a shorter break is enough. In fact, it is the rest, the doing nothing, the relaxing in which you grow.

You now have permission and the best explanation to do nothing and let the world be the world. There are few better things you can do for yourself.



EA little bit about the science behind it. In the old days, there weren't so many options. Life was quieter and didn't offer as much distraction as we have today. Travel was arduous and technically, let's be honest, there was just nothing.

Today, our brains are constantly rewarded by better and better technology, smartphones, TV, internet, etc. Unfortunately, we are not so fast with evolution, so our dopamine stores are empty. Our brain is overloaded, or even stimulus flooded. We need boredom and rest to recreate endorphins, dopamine, etc.

We also, believe it or not, build up a pleasure tolerance. What filled you up and was really fun yesterday, if you go too fast, will fill you up much less the next time. That's why it's necessary to regenerate and do a dopamine detox.

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I was blown away when I heard about it. I knew immediately that this was true for me. I am an adrenaline junkie and avoided as much and as well as I could any boredom. I got really nervous if I even saw anything pointing in that direction. I crammed my schedule full, whether with leisure activities or work-related. Our brains really need breaks, though.

Honestly, I'm still in the process and haven't fully understood what my brain will reward me with if I create enough boredom for it. I fall into old patterns every now and then, because as the ancient Greeks knew very surely – nothing is stronger than habit. Even now, as I write, I listen to music on the side, dance while sitting and sing along softly because I feel I have to get a lot done (at the same time). At least I am aware of it now.



For more and more people, including me in the past, a break and rest is a foreign word, almost unimaginable. I remember that I once said to a friend that I just don't want to do anything today. He looked at me completely shocked, then gave me a lecture, including several meditation techniques, what I could do against it in order not to waste my life....

I ask myself, who benefits here?! Always busy, never calm, always afraid to miss something. When we had the first Corona Lockdown 2020, I heard from different directions how happy some were just not to miss anything - No FOMO (Fear Of Missing Out). That made me think.



**Here again an official permission to
"do nothing".**

As much as you want and can. You do
yourself the biggest favor with it.

Now I give you two exercises that you
can do or not do. Just as you like.

**They are very simple, but their effectiveness is
proven.**

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EXERCISE NR. 1:

- Sit, stand, lie down or hang from the ceiling - however you're comfortable.
- Turn off all devices, put them in flight mode or move them to another room.
- Just breathe in and out as long as you want. At least ten times. Breathe you should in general, otherwise (spoiler alert beware) you won't be doing it quite as long.
- Breathing is enough. Otherwise you do nothing.
- As long as you want.

And if you can, ban all electronic devices from the bedroom. I even got myself a battery-powered alarm clock to help me sleep better.



EXERCISE NR. 2:

Take a short nap every day if you can. Imagine that as a child and teenager, when you didn't want to go to sleep, whether in the evening or in the morning, you put time into your nap account.

And now you are allowed to take your naps as you please, just like a time account. You can do that with a clear conscience. You have saved, after all. Interest is the so-called 8th wonder of the world. This factor has multiplied every minute.

Your nap account is bulging.

Good night :-)



If something in you resists taking a break, there may be beliefs behind it such as:

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- you are lazy,
- you have nothing to do?
- You can't just do nothing
- you miss everything
- you can't waste your life
- don't you have any goals?
- if you have nothing, you are nothing...
- and many more...

If you want, you can work on them with different methods. There are beliefs that lead you to your goals or keep you from your goals.

Now I wish you a lot of rest, detox and regeneration.

Your Leni

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