

## The 5-Minute Power Break!

*Dr. Phil Maffetone*

It's a long day, often filled with stress. Whether you're in an office, working at home or on the road, you're not without help.

*The 5-Minute Power Break* can reduce stress and energize you – in five minutes! And it's free.

The brain produces powerful alpha waves that can reduce cortisol, our key stress hormone, and balance the nervous system. Here's how to turn on these powerful brain waves:

### *The 5-Minute Power Break*

1. Sit or lie down, and get comfortable.
2. Close your eyes.
3. Hands or crossed arms relaxed on your upper abdomen.
4. Breathe slowly: Inhale 5-7 seconds and exhale for the same (deeply but don't force it).
5. Listen to *Rosemary* ([www.philmaffetone.com](http://www.philmaffetone.com)) or other alpha-generating music you enjoy. Headphones are even better.

Do this for five minutes. You can do it anywhere, even in your car – just pull over to a safe location.

*Warning:* If you start falling asleep it means you're no longer in alpha but drifting into delta (the sleep wave), which may be indicative of a sleep disorder. In this case, five minutes is too long – stop before drifting off. Even one or two minutes of alpha is a healthy break. You can gradually work up to five minutes as your brain learns to stay in alpha.

*The 5-Minute Power Break* refreshes and energizes by balancing your physical, chemical and mental/emotional body and brain – especially by controlling stress. Do it twice daily as needed, or more as you can't overdo it. (This technique is also referred to as *respiratory biofeedback*.)

Enjoy!

Phil

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P.S. Please pass this along to a friend in need.