

Relax, Regroup and Refresh

DEBRA LAFLER
Health Educator

Spring is here. The sun is shining, birds are chirping; schools are closing for their Spring Recess/Break. We have all worked hard, studied harder, taken midterms, and now it's time to take a personal break, relax, regroup and refresh.

Spring is a time of renewal. Due to the sun and warmth, birds migrate back from the south; crops, flowers, plants and trees bloom, and humans re-energize. With the sun and colors of spring, we begin to feel better; our spiritual and psychological selves flourish.

To enhance your spring break, and assist you with your soul refreshment, here are some ideas for you to do at home:

- Clean your house, room or work space (clutter around us clutters the mind)
- Spend at least 10 minutes outside every day (sun & fresh air re-energize us)
- Delegate duties, tasks or chores to someone else for a few days
- Sleep in late
- Take a hot bath
- Sit quietly alone, with no noise, and try to empty your mind by concentrating only on breathing (listen to and mentally picture your breath through inhalation and exhalation)
- Put on soft, relaxing music

- Light candles
- Watch your favorite movie
- Cook your favorite meal
- Bake cookies

In addition to relaxing, we can do many things over our spring break and throughout spring and summer that positively enhance our spirits, outside our homes, such as:

With little or no money:

- Go to the Bronx Zoo, or Botanical Gardens.
- Spend the day in Central Park, or any park; bring food, music, a book to read, etc.
- Take a walking tour of some of New York City's famous neighborhoods.
- Take the train to a borough or city that you have never been to.
- Take the ferry around Manhattan or across the Hudson River and back, for fun.
- Take a long drive to the country.
- Go to a museum that interests you (there are many in the city).
- Attend your place, or a new place, for community spiritual practice.

With some money:

- Go to the top of the Empire State Building, World Trade Center or Statue of Liberty.
- Go for a ferry tour up the Hudson River.
- Get your hair cut, colored, and/or styled.
- Get a manicure & pedicure.
- Get a facial and/or body scrub.
- Get a professional massage.

- Try a yoga class.
- Go out to your favorite restaurant.
- Go out dancing.
- Take the bus to see a far away friend, or a new city.

With a lot of money:

- Spend the night in an exclusive New York hotel.
- Take the Amtrak train or a plane to a far away city.
- Go away for a few days.

The Student Health Center at Lehman College is going to be assisting in spring break endeavors. They will be hosting their "Safe Spring Break" campaign to help us make safe, healthy and positive choices over the break.

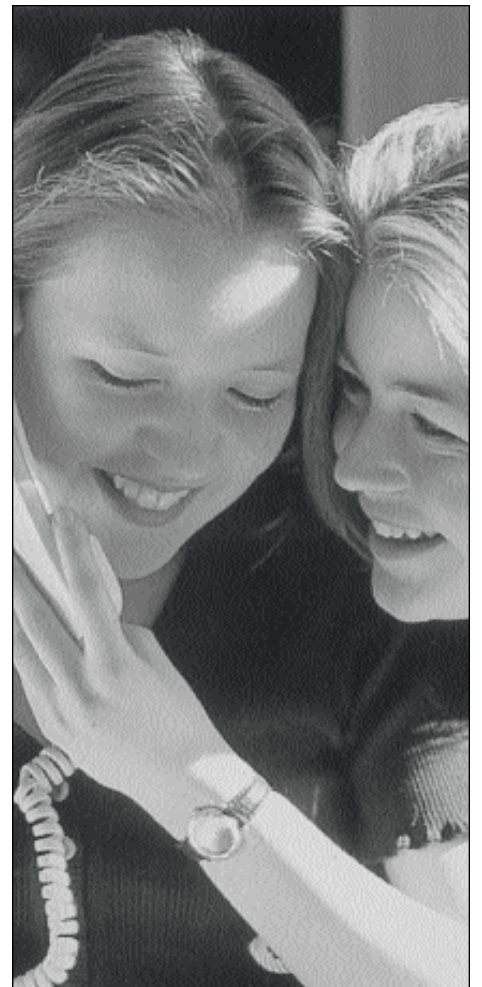
At the information tables, along with health and safety information, there will be relaxation techniques, renewing spiritual ideas, and other alternative break ideas, and will be giving away "Spring Break Survival Kits." The table dates and times are:

Tuesday, April 3, 10:30 – 2:00 pm.
Student Cafeteria

Wednesday, April 4, 10:30 – 2:00 pm.
Student Cafeteria

Thursday, April 5, 10:30 – 2:00 pm.
Carman Café

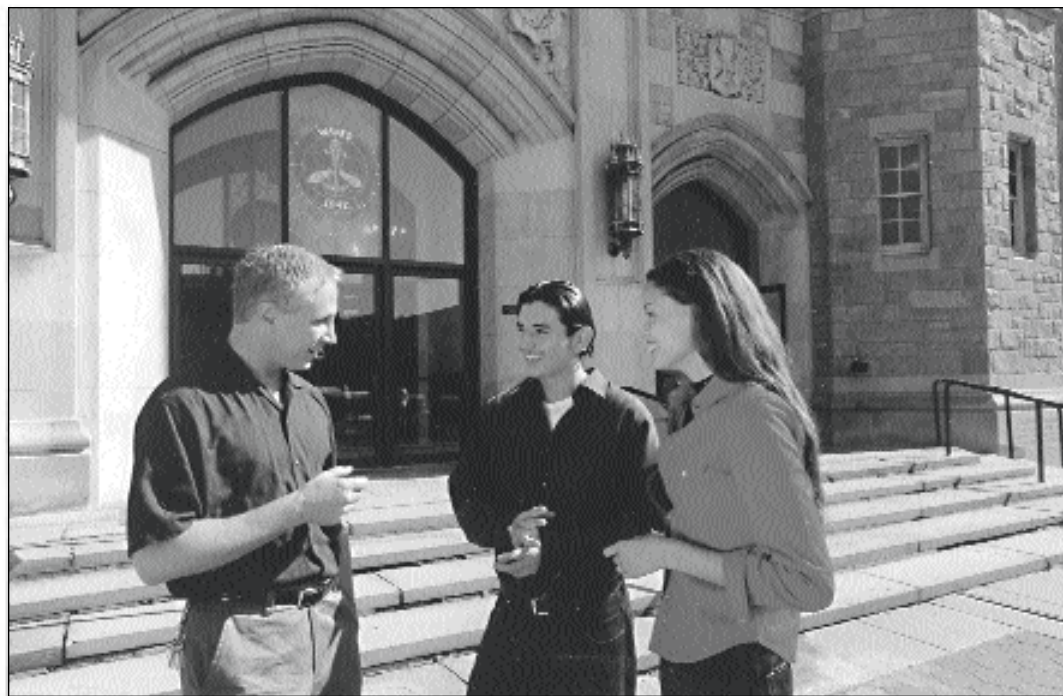
For more information, please contact Debra Lafler at 718-960-8903.



FILE

Study with the Best at Lehman College

THE CITY UNIVERSITY OF NEW YORK



Lehman students Angela Guzmán and Boris González talk music with the College's Academy Award-winning Distinguished Professor John Corigliano

*Apply Now
for the
Fall
Semester*

Stop by at our Student Recruitment Office in Shuster Hall Room 158

Call 1-877-LEHMAN-1 • Visit our website at www.lehman.cuny.edu