

Simple steps to inner peace

Unwind for a sound night's sleep Don't let daily stress or worries keep you from getting a good night's rest. Do these exercises for a total of three minutes just before bedtime for maximum results. If you're still having difficulty drifting off, repeat this routine to relax and unwind your body and mind.

Full-body stretch¹⁾ Sit on the floor, legs straight, palms²⁾ on thighs. Slowly stretch forward, bending at the waist, until you can grasp your feet (or ankles); drop your head as close to your legs as possible. Slowly reverse the move till you reach the start position. Do two more repetitions.

Spine³⁾ relaxer Lie on your stomach, your hands under your face, palms flat and fingers facing inward. Keeping hips on floor, slowly raise your upper body until arms are straight. Stretch your neck and look up; at the same time, slightly raise toes. Hold for five seconds; release and lower to start position.

Neck de-tenser⁴⁾ Lie on your stomach, elbows on floor. With eyes closed, cup chin with your left palm and support the back of your head firmly with right hand. Very slowly twist your head to the right. hold for a count of 10. Slowly turn head back to start position; place chin in right palm and left hand on back of head. Slowly twist head to left; hold for a count of 10. Do two more times.

使内心恢复平静的简单办法

松弛下来，睡个好觉 不要让每日的压力和担忧搅得自己晚上休息不好。在睡觉前花3分钟做这些练习，可达到最好的效果。如果还难以入睡，重做这套动作，使自己放松，使身心松弛下来。

全身伸展动作 坐在地上，两腿向前伸直。手掌放在大腿上慢慢向前伸，同时弯腰，使手能抓住脚（或脚踝）；低头，使头尽量接近腿部，然后将头与手向后收回原位。整个动作重复两遍。

放松脊柱动作 俯身卧倒，腹部着地。双手放在脸部位置下面，手掌放平，手指朝内。髋部贴地，慢慢抬起上身直至双臂伸直，伸脖，向上看；同时稍稍抬起脚趾。坚持5秒钟。放松，上身恢复到原来体位。

放松颈部动作 俯身卧倒，腹部着地，双肘着地，闭上双眼，左手掌呈杯状托着下巴，右手用力扶着头后部。慢慢地将头扭向右边，保持这种姿势，数10下，然后慢慢将头转回原位。再换成右手掌托住下巴，左手扶着头后部，慢慢将头扭向左边，数10下。重复两遍。

NOTE 注释：

stretch [stretʃ] v. 伸展，伸长

palm [pɑ:m] n. 手掌

spine [spain] n. 脊骨

de-tenser [,di:tensə] n. 放松，松弛

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