

Did you *stretch* this morning?

Is your work all caught up?

Could you get more work done if you had more energy?

“No time, no time”, said the rabbit... *can you relate?*

What if you could get your workout without leaving your desk?

Do you need a reminder to breathe deeply now and then?

Would you like to increase your energy level and have more fun at work?

We've got just the thing...

Self-care tips for people on the go, UpLifts®, delivered to your email box during the work week.

UpLifts®

Body/Mind therapy from the E-Mail Therapist delivered to you!

Need some help waking up?

Try this:

Pinch your ears.

Begin at the top and gently pinch your way down to the lobe of each ear.

How's that for feeling more alert? Stimulation to your ears evokes responses from your nervous system—as well as stimulating reflex areas all over your body.

It works so well, you might say it's a bit “earie”!

Need to memorize something?

Try this:

Tap your head.

Using your finger tips, begin tapping from your temples to the mid-line of the back of your head.

Repeat 3 times.

Breathe out stress—breathe in energy.

(please note: This information is not meant to replace or interfere with any medical advice)

“I just wanted you to know how much I appreciate your...reminders. They are such a voice of reason and centering; It sure does keep things in perspective.”

--Chele Dienno, Dir. of Marketing, Miami University, Hamilton Campus

Self-help programs increase productivity and reduce health care costs when performed *consistently*.

Number 1 complaint: "After the program is over, I forget to do the techniques."

We've got you covered!

UpLifts™ come directly to your email box during the work week, delivering rescue and relief from stress at work and repetitive motion at the computer.

What have you got to gain?

You can do them *now*—without leaving your desk and in less than 1 minute you can have more energy—and less pain.

Quick and easy

Fun and re**vital**izing

You'll want to save them and perform them over and over—because they really work!

"This is very timely, my neck has been killing me. Thanks."

--Karen Burkhardt , NCR Worldwide

It's just the pick me up I need when this desk starts putting me to sleep.

--Maureen Case, Miami University

UpLifts™

A natural outgrowth of Gini Maddocks' stress management program, R&R: Rescue and Relief.

She began sending reminders during the work-week to the workshop participants as reinforcements for new habits to use on the job—and on the go. They were a big hit! People wanted more quick tips because they make a difference.

The Cincinnati Enquirer calls her "The E-Mail Therapist and her self-care articles may be found in various newspapers and magazines.

"When we breathe right, rub what hurts, do a quick stretch or two and adjust our attitudes, we find pain decreases and energy increases. It's a Win/Win for employers and employees at every level."

Contact us for subscription information.

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