Rest
Can you spare 7 minutes to do nothing more than lay down and be still and quiet? This lying down “exercise” is called Repose, and it literally means “to rest again.” The benefits may astound you!! People who practice Repose experience increases in:

- Happiness
- Optimism
- Openness
- Receptivity
- Self-image
- Resilience
- Social connection and support
- Attention
- Physical health and well-being
- Creativity
- Memory
- Mental acuity
- Problem-solving

To perform Repose, all you have to do is to intentionally take a pause in your day, lay down comfortably on your back with legs extended and gently spread, arms out wide and palms up, and rest in that position for 7 minutes. That is all you have to do. Repose, “Rest again”, and you can feel better, think better, and live better.


Love or HATE TAO (Therapist Assistance Online)? Dr. P wants to know! See attached flyer for how to get free pizza for sharing your thoughts!