



Reflexology

In the 2000's Reflexology has made it into the mainstream. In *Prevention Magazine* a Reebok ad compares their walking shoe to the principles of Reflexology. A 10-minute Reflexology session was offered at the Rockport Concept Shoe Store in New York City. The March 2009 *Ladies Home Journal* had an article about Reflexology. *Massage Therapy* had an article "Create Balance with Reflexology," September 2009. When I began my business 16 years ago, very few people had heard of Reflexology. The people who had heard of it thought it was a foot massage. I appreciate the fact that it is more recognized today, especially in the Prattville area.

For someone who stands on their feet all day, Reflexology is a way to be nice to a part of the body which does so much for them. For those who experience stress in the workplace, it is an opportunity for time away from social interactions or expectations. It is a chance to restore coping skills and restore energy.

Reflexology is a form of giving ourselves the individual attention we deserve. When we do something nice for ourselves, it lifts our spirits and increases our self worth. It is making a statement to you, "Yes, I am worth it". It is important to love and to give to others, but it is also important to be nice to ourselves.

Need some time to unwind? Why not consider Reflexology as a natural way to relax and receive that much-needed time for you. Call 334-358-3990 to schedule an appointment.



A Things to do List

A client and I were laughing the other day about our "Things to Do List." She said when she was younger she could always remember everything and did not have to have a written list. I told her I think I have always had to have a Things to do List.

Now I find out that she and I are hip with our list making and the new trend goes beyond lists of what to buy at

the supermarket. I came across an article this week which said people everywhere are making lists. It has become so popular they describe this as a literary trend with a slew of Web sites and books devoted to the art of such inventories, and for good reason. New research shows that writing lists does the mind and body good in many ways, from making you happier to increasing your workout frequency.

Reach our Goals

"Surprisingly, lists help us reach our goals even when we don't accomplish everything on them," says Sonja Lyubomirsky, PhD, a professor of psychology at the University of California, Riverside, and the author of *The How of Happiness: A Scientific Approach to Getting the Life You Want*.



Maximize Brainpower

"You can keep only seven to nine different things in your working memory at the same time," says Lyubomirsky. "So when you try to remember all the errands you need to run, you use up your cognitive energy. But if you make a list, you free up brainpower to analyze your tasks and prioritize, delegate, or even eliminate some. Plus you have a much better chance of actually picking up the dry cleaning."

I make a list with the most important things at the top of the list. This helps keep things in perspective. I draw a line through each item as it is completed. If possible I like to use a red pen because it draws attention to the things I have accomplished. If something stays on my list too long, I decide it is not really that important to me to complete and I take it off the list.



When making my list if one of the items is to call someone, I look up the phone number and put it beside the name so it is readily available.

DON'T FORGET THE FUN

A list that is top-heavy with obligations to others can quickly lead to stress and unhappiness, says Lyubomirsky. She suggest including at least one item a week that is something you want – not have – to do, like meeting a friend for coffee.

If you don't make a Things to do List, why not give it a try. There is such a feeling of accomplishment when I see one or more items with a line marked through it. It feels even better with all

the lines are marked through and I start of new list.



Kindness

Kindness is among the gifts we can most easily spread among others. *The more we give of kind words and deeds, the more we discover that kindness is like a burning candle which lights many other candles without losing a trace of its own brightness.*

Our kindnesses are assets which return unexpected dividends when we invest them in the happiness of others. Kindness is the very basis of love. It softens the most severe anger and gladdens the hardest hearts.

No Kindness is too small to win and hold the affections of others because it is made up of gentleness, love, generosity, unselfishness, and caring.

A few kind things we can do:

- ..In heavy traffic, let someone get in front of you.
- ..Hold the door open for someone.
- ..When going through a toll booth, really surprise the vehicle behind you, pay their toll fee.



Without kindness, there can be no true joy. -----Thomas Carlyle



The Power of Color

I read an article in *Women's Day* magazine about the influence of different colors. It was a very small article, but it inspired me to do some research and learn more about color utilization. The use of colors can be fun and open up a new perspective of the environment around us.

Color permeates our language and our culture. It is one of the constants in our lives. The colors we see in our daily life have a profound effect on our moods even when we are not aware of them. The interiors of fast food restaurants are usually brightly colored because some studies have

shown that bright colors stimulate appetite.

We associate just about everything we do with color. The more we learn about color, we begin to realize its subtle effects—from the clothes we wear, to the color of our office or home, to the color of the car we drive, and more.

Several years ago my daughter and I received a complimentary color analysis. The color consultant first wrapped a silver scarf around my neck. Next she wrapped a gold scarf around my neck. It was amazing the difference the colors made. My face and eyes looked so much brighter with the silver color. The gold color made me look like I needed some sleep and more vitamins. Since that time I wear more silver jewelry than gold. These analyses also apply to clothing, especially tops which are closest to the face.

The consultant explained that each of us has a unique skin tone. Finding the colors that best complement this tone brings out our special beauty. Perhaps you, like me, have not thought much about color, but it does have a positive impact. I think I feel better when I wear certain colors.

Keep in mind that color likes and dislikes are unique to each individual. Men and women also respond differently to colors. For example, when it comes to the color red, men are more drawn and stimulated by the red-orange range. Women on the other hand are more drawn to reds in the red-violet range.

In a study, J.D. Radeloff discovered that women were more likely than men to have a favorite color. In expressing the preference for light versus dark colors, there was no significant difference between men and women: however, in expressing preference for bright and soft colors, there was a difference, with women preferring soft colors and men preferring bright ones.



Color Effects/Associations

Red

Attributes: Stimulating, up-beat.

Pink

Attributes: Feminine, gentle.

Blue

Attributes: Cooling, peaceful.

Brown

Attributes: Earthy, homey, and gregarious.

Yellow

Attributes: Catches the eye, cheerful, active.

Green

Attributes: Most predominant color on the planet, calming effect.

Orange

Attributes: Color of joy, creativity, vitality, fun, sociability.

Violet – True violet is 50% red and 50% blue.

Attributes: Imaginative, sensitive, intuitive, unusual.

Gray

Attributes: Neutral and balanced.

Black

Attributes: Formal, sophisticated, mysterious, strong.

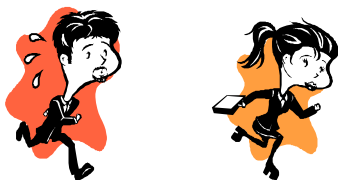
White

Attributes: Clean, fresh, futuristic.

Interior decorators use color to create moods and also illusions. We can use the magic of color to create an environment that is pleasing to us, whether it be cool or warm, exciting or calming, sunny or bright.

Artists have studied color secrets and use them to make masterpieces come alive.

We, as individuals, can use some of these same concepts when choosing the color of the clothing and jewelry we wear.



“Running on Empty”

The song by Jackson Brown “Running on Empty” can describe what life is for many today. Most of you are too young to remember when this song was popular, but I do. Below are several verses from this song. Let’s see if they ring true to us today.

*Looking out at the road rushing
under my wheels,
Looking back at the years gone by
like so many summer fields,
In sixty-five I was seventeen and
running up one-0-one,
I don’t know where I’m running
now, I’m just running on.*

*Running on – running on empty
Running on – running blind
Running on – running into the sun
But I’m running behind.*

*Looking out at the road rushing
under my wheels,
I don’t know how to tell you all just
how crazy this life feels,
I look around for the friends that I
used to turn to, to pull me through,
Looking into their eyes I see them
running too.*

*Running on – running on empty
Running on – running blind
Running on – running into the sun
But I’m running behind.*



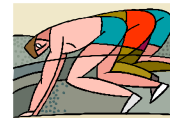
Multitasking

There was an article in today’s paper “Multitasking costing us ability to pay attention” by Ellen Goodman. It is now considered the new social norm. People walking together talking separately on cell phones.

Stanford’s Clifford Nass, who teaches human computer interactions, led a research team that studied 100 students, high and low multitaskers. The high ones focused poorly, remembered less and were more easily distracted. They couldn’t shift well from one task to another and they couldn’t organize well. They couldn’t figure out what was important and what wasn’t. “We didn’t enter this research trying to beat on multitaskers, but to find out their talent,” says Nass.

“I don’t know that this generation values focused attention. The notion that attention is at the core of a relationship is declining,” he suspects. “Is it saying to someone ‘I am going to give you my undivided attention?’ Still one of the greatest gifts I can give?” Or has multitasking led us to a kind of attention disaffection?

Most of us multitask at some point in our week. Sometimes it seems required to get a job finished. I think those who live a life of multitasking will find themselves “Running on Empty” which is not good for our blood pressure, heart, etc.



Regard life as a marathon – not a sprint. – Carol James



Recommended Reading:

Color Me Beautiful

By: Carole Jackson

The How of Happiness: A Scientific Approach to Getting the Life You Want

By: Sonja Lyubomirsky, PhD.



Gift Certificates are a way to encourage someone to take time from their busy schedule and do something nice for themselves. Remember Christmas is just around the corner.

Remember gift certificates are available in person or by mail. Call: 334-358-3990 for information. Visit my website for a menu of services: www.reflexologybypaula.com. I will again have a Christmas gift certificate special. Buy 5 or more gift certificates for Foot Reflexology or Pampered Feet and Reflexology and get \$5.00 off each certificate.