



BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

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Keep Your Bucket Filled!

By Carol McCloud

Warning! Warning! Warning!

I believe warnings are good. They let us know when a dangerous situation is approaching and help us prepare.

This newsletter has three purposes: 1) to warn you that you are approaching the busiest time of the year, 2) to remind you that the most important bucket to keep filled is your own, and 3) to give you a list of ten ways to fill your bucket when you don't have much time.

We want you to enjoy this beautiful but busy season with a full bucket, and believe that these suggestions will help you release the stress that can build within your body as you search for the right gifts, prepare holiday food, decorate, accept social invitations, and take care of the hundred-and-one other things that we face at this time of the year. Combine all this with day-to-day responsibilities and your bucket can empty quickly.

Ten suggestions that can help you keep your bucket full:

- 1. Breathe.** Breathe deeply from the diaphragm to get more oxygen into your body. Take several long, slow, deep, exaggerated breaths whenever stress levels get too high.
- 2. Exercise.** Skip the coffee, cookies, chips, or soda and do 20 quick jumping jacks, run in place, or take a 10-minute walk.
- 3. Stretch.** Do a few yoga stretches. Take 10 minutes to stretch and relax your neck, shoulders, back, arms, hands, legs and feet.
- 4. Shower.** When you shower, be conscious of the warm water flowing over your body. Soak it in. Sing your favorite song.
- 5. Power Nap.** A 15-20 minutes nap can be as beneficial as a three-hour nap. Find a quiet place, elevate your feet, clear your mind, turn off your phone.
- 6. Feet Up or Rock.** Just five minutes spent with your feet elevated can improve your energy and mood. Ten minutes in a rocking chair is also a great de-stresser. Relax. No phone calls. No computer. Read something inspirational or something that is unrelated to your work.



BIGSTOCK PHOTOS

7. Visualize or Meditate. Think of your favorite place and mentally visit it for several minutes. See and feel everything you love about it and the good times you enjoyed there. Hum your favorite song as you clear and calm your mind.

8. Affirm Yourself. Close your eyes and recite 5-10 thought-changing, positive "I am" thoughts. For example, "I am well, I am at peace, I am centered, I am strong, I am resilient, I am loving, I am cheerful, I am positive, I am a bucket filler and my bucket is full."

9. Treat Yourself. Get a massage, shampoo, or self-massage. While a full hour, full body massage is the most beneficial to overall mental and emotional well-being, many malls and airports have mini foot, head, and neck massages. I've taken advantage of them many times. You can also call your hair dresser for a massaging shampoo.

10. Take time. Reserve the time necessary to do whatever brings you joy. Music. Exercise. Reading. Girl time. Guy time. Couple time. This isn't self-indulgence; this is self-preservation and self-regard.

We all need to remember how important it is to keep our buckets filled during the busy months ahead. We hope you will choose what is right for you and go forth with a smile on your face and joy in your heart as you fill the buckets of those around you.

Making a Difference

A healthy reminder...

- Transparent with bright green cap and trim, 24 oz.
- Black silk-screened outline image of our smiling bucket with reminder, "KEEP YOUR BUCKET FILLED!"
- BPA-free that's taste and odor resistant
- Screw-on sip top lid with straw
- Convenient carrying handle
- Silicone bands provide non-slip comfort grip
- Top-rack dishwasher safe
- A thoughtful gift at just \$7.95. Available online at www.shop.bucketfillers.com



Designed and edited by Glenn Merillat

Congratulations, Barb!

Barb LaCour, of Waterford, Wisconsin, is our bucket filler of the week. You have a book coming your way. Every bucket filler is a winner. Encourage your friends to get their buckets filled by subscribing to our free e-newsletter at www.bucketfillers101.com

Words of Wisdom

"It is essential to our well-being, and to our lives, that we play and enjoy life. Every single day do something that makes your heart sing." — Marcia Wieder, Motivational speaker and author.