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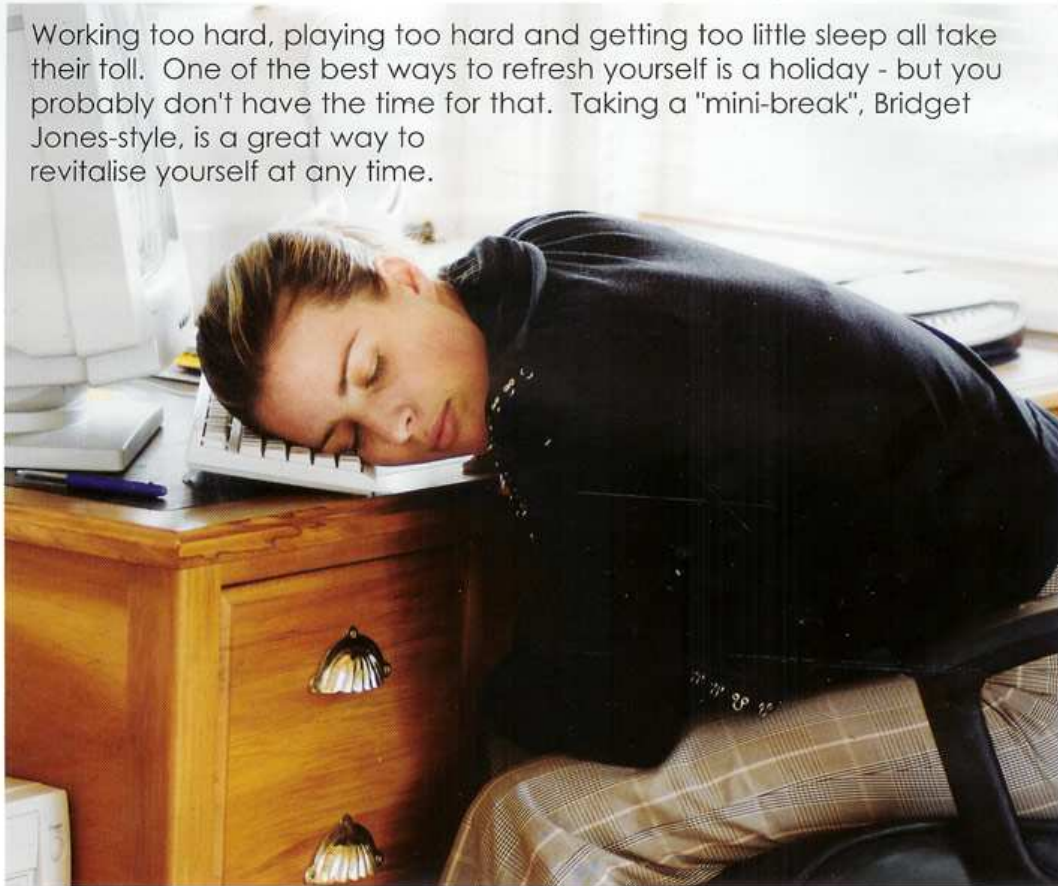
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IS YOUR WARDROBE A HEALTH HAZARD?



# ready to break?

Working too hard, playing too hard and getting too little sleep all take their toll. One of the best ways to refresh yourself is a holiday - but you probably don't have the time for that. Taking a "mini-break", Bridget Jones-style, is a great way to revitalise yourself at any time.



## Anytime getaways

You've probably heard about power-napping - a sleep of 30 - 40 minutes that will make you feel as good as new. Any longer than 40 minutes, though, and you fall into a deep sleep from which it is much harder to awaken. But remember your childhood by taking a powernap; after all, they are apparently all the rage overseas. According to one expert "The requirements are getting some kind of head support, so that when you go to sleep your head doesn't bounce off your chin and wake you up. If you can put your hands on the desk in front of you - drifting down, slower. And wake up, wake up, wake up."

Alternatively, try a little meditation. Set aside 15 minutes at the same time each day to meditate. Get comfortable - sit cross-legged, on a chair, kneel on a stool, or whatever makes you comfortable. If you are at work, try to get away from the noise and find a quiet spot with a comfy chair. Meditate with eyes half-shut if you feel like you're going to fall asleep.

Clear your mind and try to think about nothing, letting

thoughts just pass through your mind without taking hold or being elaborated on. Be patient with yourself. You may only achieve three seconds of stillness today, but tomorrow you might have four seconds, and the next day five. Go for quality and not quantity. One good aspect of meditation is that it is personal - you don't really need to know what you are doing, if you feel relaxed then you're probably doing something right.

## Lunchtime getaways

Try a facial, a manicure, or a massage. If you can find a place that does beauty treatments that's within walking distance, that could be the perfect once-a-month treat, or a way to clear your head on a busy day. Overworking will make you less productive, rather than more productive, so allow yourself to have some time out and indulge. Having a physically relaxing treatment like a massage or facial will help to get you feeling calmer and may even give you a better perspective on it all.



### Evening getaways

Out to dinner, and then stay the night at a hotel. In the morning, once you have enjoyed your continental breakfast, off you go to work leaving the bed unmade and the dishes where you left them.

Perhaps next time someone in the household asks you what you would like for your birthday, you could try getting a voucher for "dinner and the dishes all done and some time in the bath". Add scented candles and bubbles to make an evening bath a real treat, and take a good book with you.

### Weekend getaways

Take off on Friday and come home Sunday night. Just escape to somewhere that is within an hour or two's drive, or just catch a boat to a place that feels a million miles away. Now for the best bit - switch off your cellphone, your laptop and your landline, and it really will feel as though you are on holiday.

A place such as "Heaven Under the Moon", pictured above and right, which is situated in Awhitu, just an hour's drive from Auckland. A lodge style getaway like this one is perfect for weekends, providing tranquility and serenity from your working week. Additionally there are yoga weekends, craft getaways and other creative retreats to make you feel as fulfilled as you do relaxed.

