

5 Rituals to Renew Mind, Body, and Spirit by Dr. Pinkey A. Stewart

According to [Richard Boyatzis and Melvin Smith](#), leaders are involved in many relationships and activities that drain energy and arouse stress. Leaders may also suffer from "power stress" due to multiple responsibilities associated with their respective positions. While some stress is good, frequent stress can lead to a chronic condition that can cause cognitive, perceptual, and emotional impairment.

Rejuvenate mind, body, and spirit by practicing these five rituals.

1. **Meditation.** In addition to its calming effects, meditation brings a heightened awareness of ourselves. Neuroscientists found that brain activity shifted to different areas of the cortex with brain waves in the stress-prone right frontal cortex moving to the calmer left frontal cortex. This mental shift decreases the negative effects of stress.

2. **Exercise.** Nothing boosts energy like exercise or physical activity. When we exercise, oxygen and nutrients are delivered to our tissues and makes the heart and lungs work more efficiently. Regular exercise also strengthens muscles and increases endurance. Be sure to see your doctor before starting an exercise regimen.

3. **Eat Healthy.** Although food provides the energy that fuels our bodies, some foods are healthier than others. Avoid foods high in fat because they require more energy to digest and are stored in the body. Foods that are high in complex carbohydrates like fruits, and vegetables, along with protein found in nuts, fish, and lean meats release a steady stream of energy into the body.

4. **Get a Good Night's Sleep.** A good night's sleep is essential to renewal. Sleep improves cognitive function, contributes to longevity, sparks creativity, reduces fatigue, improves performance, and a plethora of other benefits. Also a consistent bedtime and waking time help regulate our biological clocks and increases the likelihood for more deep and restful sleep ([Harvard Business Review](#)).

5. **Unplug.** Take a break from social media, and electronic devices. Turning off and tuning in to your own emotions brings a heightened awareness of self. Through conscious awareness we are better able to get in touch with our thoughts, feelings, control our emotions, and spend time in self-reflection. Unplug. Take a break from social media, and electronic devices. Turning off and tuning in to your emotions brings a heightened awareness of self. Through conscious awareness we are better able to get in touch with our thoughts, feelings, control our emotions, and spend time in self-reflection. Further, by spending time in reflection, we can assess our present self, the direction we are headed, and our future self (what we really want to be and do). This type of reflection helps us define and give direction to our lives, and in the process, helps us to become more effective leaders (For more on this, read [How Controlling Your Emotional Responses Can Improve Your Performance at Work.](#))

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