

Sustainable Daily Schedule

When rebuilding adrenals and blood sugar stability, **first** put in **meals** and **snacks**!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Creating a Stress-Reduction Restorative Schedule That Works for You -- Day to Day

Sitting down to plan a schedule and putting it in writing is one of the most powerful tools you have for aligning your energy with your intention to heal.

Designing a schedule is a process. As you work on it, you'll learn more about your priorities. And you may discover some of your resistances to doing the things that you know would truly support you.

Use the process of designing your schedule to gain a greater awareness of what's working and what isn't.

The best way to change habits that are resistance to changing is to begin with becoming more aware of what they are and how they operate.

When you make your schedule, notice whether you've set aside time to incorporate priorities of the body.

Have you left adequate time to **prepare food** and to **sit quietly to eat**? Lunch is especially tricky for many work schedules.

If you have to be out in the world, do you know **where you can get food that works** for your real health goals. If beneficial food is hard to come by, have you figured out how to **pack it** so you can have it when you need it?

Have you left any **quiet spaces for contemplation** and allowing your breath to deepen?

Is there **time to exercise**? To be with loved ones. To deal with the unexpected?

If your schedule is planned to the max, where do the normal, unexpected vicissitudes of life get worked in? They are inevitable; are you set up to have them be the "straw that broke the camel's back, or is there **grace time built in** so unplanned events don't provoke indignation, resentment or rage?

"Sprint Schedule - Running on Overdrive"

Of course there are times when external demands, whether expected or unexpected, fill a schedule to overflowing. Then special plans need to be made to sustain the body and psyche through a "sprint". Afterward, **recoup time** is extremely helpful so you can **wind back down**.

If you don't plan for it, your immune system may take it for you, via a cold or flu, or eventually, after enough push-crash cycles, something more serious like chronic fatigue.

Notice if you are making a sprint schedule for an especially demanding time, or if you are making a normal schedule. If "sprint" is "normal" for you, & you **live your life in "overdrive"**, **reconsider your priorities**. Your body may have some strong messages about its reaction to you having abandoned it.

The dis-ease of overdrive eventually leads to disease.

Boundary Issues and Sustainable Schedule Recovery

Recovery from overdrive often involves getting clear about boundary issues in relationships. Many people who are overworked and exhausted find themselves in this situation because they continually **put everyone else's needs ahead of their own**.

Addressing the need to be needed, perfectionism toward oneself or from others, or fear of rejection is often the necessary first step, **putting the plug back in a life where energy is constantly being drained out**. It's very difficult to fill a bathtub when the drain is open and water is running out. In the same way, it is difficult to strengthen and rebuild life energy when giving it away without an **awareness of what drives the over-extending**.

Self-Care Suggestions for Driven People

When asked how he deals with stress himself, the physician who coined the term "Type A" -- who is/was a driven Type A person -- replied that he now looks at every commitment he is asked to make and **asks himself if doing it will be important to the quality of life in five years.** If it supports the long range plan and overall need, he will commit to it. If not, he will say no.

Once one has taken the terrifying step of claiming time and space for one's own healing, the next question is what to do with it: how to best invest the time and resources available to create maximum recovery so that one can get back to the matter of living.

The Chinese Clock

Utilize the Chinese Clock to understand how best to use timing in your daily schedule for maximum healing.

See **The Chinese Clock**

(at <http://healthinourownhands.info/living-well-2/>) for optimum use of the body's natural biorhythms.

Ancient Chinese version of chronotherapy, the [chinese-clock](#) from the Yellow Emperor's Classic of Internal Medicine (Huang Di Nei Jing), 200 BCE.