

take five...

learn how to leave work at work and make the night time
your time in just 5 minutes

those nagging workday memories

Do you ever feel invaded by nagging memories of events from your day at work? If you have trouble getting those thoughts out of your head try this practice.

Battle the end-of-day commute, wolf down dinner, collapse in front of the TV. What ever happened to the evening? You know, that time between the end of one workday and the start of another, when you unwind and took time to nourish body and soul. ***Five Good Minutes in the Evening: 100 Mindful Practices to Help You Unwind from the Day & Make the Most of Your Night*** (August 2006; New Harbinger Publications) shows you how to make the evening your time for relaxation, rejuvenation, and *real* rest—which doesn't mean zoning out in front of the tube. This follow-up to the bestselling *Five Good Minutes: 100 Morning Practices to Help You Stay Calm & Focused All Day Long*—which *O, the Oprah Magazine* hailed as one of the five best new health book in their May 2005 issue—is packed with five-minute exercises that show you how to:



1. Whenever you notice thoughts or feelings about a work situation arising in the present moment, gently acknowledge them, saying something like "The story (or the thoughts) about work are here now."

2. Anchor you awareness in the present moment by breathing mindfully or listening mindfully for about a minute.

3. Notice any deeper feelings beneath the thoughts such as upset, worry, anger, or excitement. Name them kindly and allow them to be just as they are as you continue mindful breathing or listening.

4. As you name the thoughts or feelings, speak kindly to each one. Say something like "I release you" or "Thank you, but not now." You may have to speak to each one several times. Always speak kindly.

5. End by shifting your focus to your breath or to sounds and resting in the present moment as you open your eyes and move gently.

- Leave work at work;
- Reconnect with yourself and others;
- Enjoy and enrich your home life; and
- Prepare for a good night's rest.

About Lead Author, Jeffrey Brantley, MD

Jeffrey Brantley, MD, is a board-certified psychiatrist who has studied mindfulness and meditation with Jon Kabat-Zinn and Thich Nhat Hanh. He is currently the director of the mindfulness-based stress reduction program at Duke University's Center for Integrative Medicine.



Photo: Kent Murray

Brantley's use of mindfulness techniques puts him at the vanguard of modern psychiatry. He is a sought-after lecturer and teacher who has worked with diverse populations and brings a unique understanding of the connection between being mindful and being healthy to his practice.

Brantley has been interviewed on national and local radio and television and is frequently quoted in national print media. He is also the author of the bestselling *Five Good Minutes in*

the Morning: 100 Morning Practices to Help You Stay Calm & Focused All Day Long and *Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic*.

He lives in Durham, North Carolina with Mary Matthews, his wife of over twenty years.

NEXT: "It all begins with being present"

Five Good Minutes in the Evening: 100 Mindful Practices to Help You Unwind from the Day & Make the Most of Your Night
by Jeffrey Brantley, MD, & Wendy Millstine, NC, Published in August 2006
New Harbinger Publications, ISBN: 1-57224-455-0, \$14.95, 259 pages
800-748-6273, www.newharbinger.com

from *Five Good Minutes in the Evening: 100 Mindful Practices to Help You Unwind from the Day & Make the Most of Your Night* (August 2006; New Harbinger Publications) by Jeffrey Brantley, MD, and Wendy Millstine, NC

FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215, x107, lorna@newharbinger.com

“It All Begins with Being Present”

“Life is happening in this moment, and the richness of life becomes available only when you are present for it,” say Brantley and Millstine. For many of us enjoying the evening is all but impossible because mentally we are still at work, planning the next day, or focusing on worries or concerns.

So how do you become present and able to fully enjoy what your evening has to offer? By becoming mindful or learning how to “pay attention on purpose,” which is what each of the bite-size exercises in ***Five Good Minutes in the Evening*** teaches you to do.

“The present moment becomes a place you can inhabit more fully when you practice mindfulness or paying attention on purpose—as if it really mattered—to experiences happening both inside and outside your skin...Being mindful means paying attention in a welcoming and nonjudging way that seeks to understand and to receive experience, not to change it,” say Brantley and Millstine.

5 Sample Exercises from *Five Good Minutes in the Evening*

watch your speed

Hurry and momentum from the workday is easily internalized and, like a rapid drumbeat, can dictate your inner tempo long after your workday ends. Near the end of your workday, experiment with shifting to a different tempo.

1. Find a place that offers privacy.
2. Breathe or listen mindfully for about a minute.
3. Set your intention. For example, “May this practice bring me ease and joy.”
4. Bring attention to your mind and body. Are your thoughts racing? Is there tension anywhere in your body? Is either your mind or your body agitated?
5. Stand up and start consciously moving your body at a speed that matches your inner speed. Walk, shake, or move for about a minute, really feeling the sensations.
6. Now take another minute or two and slow down deliberately, gently, and consciously, until you are stopped. Sit down.
7. Relax and breathe mindfully.
8. End by moving out at your new speed.

Five Good Minutes in the Evening: 100 Mindful Practices to Help You Unwind from the Day & Make the Most of Your Night

by Jeffrey Brantley, MD, & Wendy Millstine, NC, Published in August 2006
New Harbinger Publications, ISBN: 1-57224-455-0, \$14.95, 259 pages
800-748-6273, www.newharbinger.com

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215, x107, lorna@newharbinger.com**

deeper communication

Too often we communicate without being present: listening without really hearing and sometimes speaking without really thinking. You may listen only halfheartedly or just skim over an email or other written communication. Perhaps you're distracted by unrelated thoughts, ruminations about the past, or plans for the future. And you may not even devote your full attention to what you yourself are communicating. In our fast-paced world, we often even attempt to multitask, doing chores while talking on the phone, for example. Next time you're communicating with someone, by phone, email, or text message, or in direct conversation, use the following mindful practice to explore a deeper relationship:

1. Breathe mindfully for a few breaths, bringing the focus of your attention to what the other is communicating.
2. Relax, stop doing anything else, and really take in what the other person is communicating. Hear their words, the tones, the pauses. If their communication is in writing, really read every word and consider what they're saying.
3. As you listen or read, anchor yourself in the present moment and relax with some mindful breaths now and then.
4. Notice your own thoughts and feelings and how they impact your communication; for example, the tendency to compose an answer, argue, agree, or create stories in your mind all take attention away from what the other person is communicating to you. As best you can, let go of all of that chatter. Just listen wholeheartedly.
5. When responding, devote the same level of attention and intention to your own communication. Don't just reel off a pat answer; offer a response that acknowledges and addresses what the other has said. Let your words come from deep within. You may be surprised.

mindful dishwashing

What makes a chore a chore? Not wanting to do it? Wishing you were someplace else? Thinking there are more important things to do? Such attitudes tend to fuel habits of inattention and feelings of frustration. Explore the power of mindfulness—paying attention on purpose, as if it really mattered—to transform a chore into something interesting and enjoyable. In this practice, you'll do the dishes mindfully, but you can take this approach with other chores, as well.

1. As you begin to wash, check your "inner weather." Acknowledge and allow any feelings or thoughts that are present—without judging yourself.
2. As you're washing, pause occasionally and take a few mindful breaths.
3. Be attentive to the variety of experiences unfolding in the process of dishwashing. Notice all of the sensations you feel; for example, dampness, heat, coolness, or heaviness.
4. Open your awareness to sounds and smells as they arise. Also be mindful of your thoughts and feelings.
5. When your attention wanders or your mind starts speaking, be kind. Gently notice this has happened and return your attention to the total experience.

*Five Good Minutes in the Evening: 100 Mindful Practices to Help You Unwind
from the Day & Make the Most of Your Night*

by Jeffrey Brantley, MD, & Wendy Millstine, NC, Published in August 2006
New Harbinger Publications, ISBN: 1-57224-455-0, \$14.95, 259 pages
800-748-6273, www.newharbinger.com

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215, x107, lorna@newharbinger.com**

say good night to your mind

Have you ever noticed that your mind often doesn't seem to know when your body is trying to sleep? It may help to treat a busy mind like a restless child at bedtime. As you're lying in bed, try this practice:

1. Breathe or listen mindfully for about a minute.
2. Set your intention. For example, "May I treat my busy mind with the kindness and patience of a loving parent."
3. Gently bring your attention to the thoughts and images buzzing in your mind.
4. Speak gently and quietly to your busy mind, as if speaking to a restless or worried child, saying something along these lines: "Thank you for all you do. It's time to rest now. You can play tomorrow. Time to sleep. Good night."
5. Breathe mindfully, allowing yourself to relax.
6. You may have to visit your busy mind a few more times. Always speak kindly, as if speaking to a child.

ecstasy infusion

While you're preparing for bed, think of a time, either from your past or more recently, when you were really happy, when the feeling of joy, laughter, and pleasure infused your every step. Though the occasion has passed, you can recreate permanent happiness from this memory.

1. Once you have a vivid, joyful moment in mind, comb your mind for details: Were you alone or with someone special? Were you at a park, out to lunch, or at home? What made the recollection special and happy?
2. You can be a conduit for that bubbly feeling of contentment. Let it percolate throughout your whole body. Visualize holding this special memory in times of sadness, discouragement, or heartache.
3. Let your blissful remembrance be your guide to finding your way back to keeping a smile on your face and a soft glow in your heart.

10 Suggested Interview Questions for Jeffrey Brantley, MD

1. Your new book, *Five Good Minutes in the Evening* is a follow-up to *Five Good Minutes*, which offered practices designed to be done in the morning. How do these practices differ?
2. You say that taking just five minutes in the evening can help you feel more at ease and alive and more present for your life beyond your workaday world. How can only five minutes a day help us feel so renewed?
3. In *Five Good Minutes in the Evening* you talk about how our evenings can be hijacked by unrelenting thoughts of the workday and about how our out-of-work lives are often dominated by work concerns. Do you think that this kind of fixation on work is more of a problem today than it was say a couple of generations ago?

*Five Good Minutes in the Evening: 100 Mindful Practices to Help You Unwind
from the Day & Make the Most of Your Night*

by Jeffrey Brantley, MD, & Wendy Millstine, NC, Published in August 2006
New Harbinger Publications, ISBN: 1-57224-455-0, \$14.95, 259 pages
800-748-6273, www.newharbinger.com

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215, x107, lorna@newharbinger.com**

4. What are a few keys to being in the present moment?
5. Why do you think it's so hard for so many of us to simply be in the present moment?
6. You're a psychiatrist who has developed a number of programs that center on mindfulness and being present. What role do you think mindfulness plays in mental health and what does the science tell us about how mindfulness affects conditions like anxiety and depression?
7. A section of your book is called "Enrich Your Home Life." What effect can not being present after work have on the family and on home life?
8. In *Five Good Minutes in the Evening* you offer a number of exercises to prepare for a good night's rest. Why does a good night's sleep require preparation?
9. One of your exercises, "Detox the Negativity" is designed to help you develop "immunity" to negative or toxic coworkers. How can practicing this exercise help you resist their influence?
10. You talk about the need to be patient when you're trying to develop a deeper level of mindfulness. What are a few tips that can help when you're having an especially tough time settling into the present moment?

Raves for *Five Good Minutes in the Evening*

"This is good advice. Anybody can find five minutes most evenings for dropping to the present moment and touching what is deepest and best in oneself. If you do it lovingly and regularly, those five minutes will be good and good for you in more ways than you can imagine."

—**Jon Kabat-Zinn**, author of *Coming to Our Senses*

"The real gift lying at the heart of this book is the surprising discovery that so much change can result from small daily investments. Brantley and Millstine's gentle, engaging exercises lead the reader effortlessly into a daily rhythm of reconnection and mindfulness. The resulting sense of purposefulness and balance is priceless. This is a book you'll feel compelled to share with friends and loved ones alike."

—**Dana Landis, Ph.D.**, life coach in private practice

*Five Good Minutes in the Evening: 100 Mindful Practices to Help You Unwind
from the Day & Make the Most of Your Night*
by Jeffrey Brantley, MD, & Wendy Millstine, NC, Published in August 2006
New Harbinger Publications, ISBN: 1-57224-455-0, \$14.95, 259 pages
800-748-6273, www.newharbinger.com

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215, x107, lorna@newharbinger.com**