



NEW COMMUNITY  
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# e-CLARION

Serving The People Of The New Community Network

## Body Brain Freeze

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**A**re you super busy, all the time? Do you constantly find yourself running from one place to another, one project to another? Have you over-committed yourself to such an extent that your body is suffering the consequences of your decision to do yet another thing? Maybe it's body aches that you are experiencing, recurring headaches or maybe you're cranky or short-tempered lately. While the body provides signs that it is being overworked, such as the few examples mentioned, we often disregard those early signs of fatigue and continue to push ourselves to the limit. In many cases, a "busy" lifestyle or consistently fast-paced routine that doesn't incorporate an adequate amount of rest can be extremely detrimental to one's overall health.

Imagine the way you respond when you have experienced a "brain freeze." You stop in your tracks and take a moment to settle yourself. A brain freeze can occur when an ice-cold substance like ice cream hits the back of the throat, causing blood vessels to expand and contract rapidly. The sensation results in a temporary but painful headache in the forehead area. If you've ever had a brain freeze, you know that it's a memorable experience! Now imagine if you experienced a brain freeze every time your body was overworked and in need of rest? Chances are, you would give your body the rest it needed. It would be very hard to disregard or ignore such an alarming signal.

Talk to your family about your need for "down time." Maybe this time you don't have to volunteer to pick up all of the decorations needed for the family function? Certainly, there are other family members that can help out? Why not let one of your other colleagues take the lead on the next labor-intensive group project at work? Share the workload, don't take on more than your body can handle. Do you have a few personal days coming up? Take them! Give some thought to taking a real mental health day. Your body and brain will thank you for it!