



## Down Time



We all need down time. Especially after being at a crowded event or stressful meeting. I like to get my down time at the end of the day because I'm really not a morning person. I stay up after the kids have gone to bed and I "unwind." It really is essential to me to feeling rested and ready for sleep. Other people get down time by taking a break at work, getting up early and setting the mood of the day. Whatever or however you can, get your down time.