

# Diane Ripstein

sound as smart as you are

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## The Endless Zoom

Until we can do this differently, we need to keep functioning as best we can in the Endless Zoom. Try these quickie 60-second antidotes between calls to move, refocus and refresh. Play with these ideas to adapt and make your own. The point is to change it up so you can enter the next call with different energy than how you ended the last one.

## 60-Second Antidotes

### Move!

(Depending on level of comfort/flexibility)

Get up out of your chair.  
Stretch your arms towards ceiling.  
Lie on floor, alternate knees to chest.  
Walk/jog up and down stairs.  
Jump rope.  
Do 10 jumping jacks.  
Shoulder rolls: front to back/back to front.  
Roll head side to side.

### Refocus!

Massage temples, face, jaw, hands.  
Take 8 very long, deep breaths.  
Close your eyes, count down from 25.  
Play your favorite song. Loud.  
Play with a pet.  
Water a plant.  
Doodle/draw.  
Walk into another room and find 3 objects beginning with A, B, C, etc.

### Refresh!

Stick your nose out the window/door and breathe fresh air.  
Drink a fresh glass of water (add lemons/limes).  
Brush your teeth.  
Use moisturizing eye drops.  
Suck a throat lozenge.  
Wash your hands.  
Splash cold water on your face.