

[IMAGE]

## **The Adult Time Out: Good for You, Good for Your Children**

By Editorial Staff

When our children act up, misbehave or break the rules, we often put them in a "time out." Why? The logic is that the child has an opportunity to calm down, think about what they've done wrong, and appreciate there are consequences to their actions (in this case, having to sit on the stairs or in their room for a set period of time). But what about adults? Sometimes, we need time outs, too, but for different reasons.

Another sound reason for a time out is to give yourself time to "chill out" – a few moments away from the stress of a given situation and (hopefully) a chance to get yourself to a better place than you were a few moments previously. It gives you time to take a deep breath or two and calm down from whatever's stressing you out or otherwise causing you to "lose control."

time out - Copyright © Stock Photo / Register Mark Stress is a major contributor to poor sleeping habits, poor health and, particularly over time, life-threatening health conditions. So don't be afraid to give yourself a time out now and then; it may be the best decision you'll ever make. And by the way, sometimes when your children are on the verge of a time out or they've otherwise frustrated you (even for innocent, non-punishable reasons), giving yourself a quick time out can help you avoid conflict and keep your family environment from turning ugly.

So trust the time out – it's always worth it. Talk to your doctor to learn more about the health dangers associated with stress and ways you can reduce stress at home, in the workplace and everywhere in between.

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