



THE POWER OF A SHRUG

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A technique to practice when getting a little frustrated with people, places or things.

As we continue on our journey of self discovery and self-image, we will undoubtedly hit a few speed bumps along the way. We will cross paths with people that are not perfectly delighting us. We may not make our progress as quickly as we had originally planned. Things may not be working out exactly as we mapped it out. “*So what?*”

The quickest fix to frustration is a “shrug.” *Don’t believe me?* Let’s try it. Come on...*Bring those tight shoulders all the way to your ears.* Really *exaggerate* this. Great! Now ... release and let everything drop.

Now, do it again, and this time, breathe in deeply as you raise your shoulder and release when you relax.

Again — *one more time!*

How do you feel?

*A really good shrug actually releases tension in the shoulders and neck (the areas we carry most of our stress). I normally *add some shoulder and neck rolls as well.* And *shake it all out.**

I’ve been thinking about how powerful a SHRUG actually is ... and *why.*

When we SHRUG, we are also doing the following psychologically.

S — Surrendering. We are telling ourselves to be at ease with whatever is happening in the moment. “So what. In the big picture of things, this isn’t a big deal.”

H — Humor. We’re relaxing and laughing at ourselves a little. “Oops, that was sure silly of me. Nice that I don’t have to relive that again. Let’s move on”.

R — Reassurance. This situation, whatever it is, is just temporary. Things normally work out for me. And this is nothing different. I’m confident, talented and always stretching. This is just a speed bump.

U — Unknown for now. I may not understand how this will all play out “right now”, but it’s fun to be surprised. Since things usually work out for the best, I don’t “NEED” to know the ending of this story “right now”. It’s going to be fun to see how this all develops.

G — Genuine. I’m pretty awesome. And it doesn’t really matter what other people think or say about me. I’m very attentive to who I really am. Independent of what others say or do, I’m going to stay genuine to who I really am and who I want to be. If someone is being rude or critical, it’s not important and it’s not really about me. I’m not going to let their temporary “bad mood” change the way I want to conduct myself and treat others. Their temporary “bad mood” has nothing to do with me. So why should I use their temporary mood change the person I want to be? They don’t have any real power over me.

So — *the next time someone is getting on your nerves ...* **SHRUG!**

The next time we do an “oops” ... **SHRUG.**

The next time things seem to be going slower than norm ... just **SHRUG.**

Let me how you use SHRUGs in your journey!

About Laura Lee Rose



Laura Lee Rose has been in the software and testing industry for over 20 years. She’s worked with such companies as IBM, Ericsson, Staples, Fidelity Investments and Sogeti in various client advocacy and project management roles. The techniques she used in her business coaching and client advocacy work saved these companies both time and money, which resulted in on-time, quality product delivery with higher client satisfaction.

Even though Laura excelled in the corporate environment, she felt a calling toward something more. Laura now uses her time management, work life balance and personal development skills as a life coach and Corporate Exit Strategist. Laura Lee Rose helps people blend their goals and dreams into their everyday lives. Laura uses creative transition strategies to help her clients realize what really matters to them. Combining inspired action with practical, tangible techniques easily lead you toward more autonomy, freedom and balance.

If you are ready for your next chapter, learn more about Laura and her products at www.LauraLeeRose.com