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Jeff Davidson is the author of numerous books, including The 60 Second Self-Starter and The Complete Idiot's Guide to Managing Your Time, as well as the audiobook The Power of Simplicity. Davidson, a resident of Chapel Hill, NC, is also a noted professional speaker.

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So, here are self-care ideas you can do in

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only sixty seconds. Rub the inside of your wrist or your palm.

Especially if you're a lover of physical touch.

There is something incredibly nurturing about rubbing or massaging the inside of your palm or wrist even for just a few seconds. You will find yourself more relaxed, more grounded and more ...

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