

e-Thoughts — Pressing pause

March 2016 Newsletter



Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

Are you always on the go? I am. Whether it's rushing to make a deadline, going to an appointment, running errands or getting to the gym — I'm usually in "fast forward."

Now I have a new tactic. I call it "pressing pause." I try to remember to press pause at least once or twice each day. It gives me a chance to feel calm and appreciative.

So, for example, I'm out walking the dog. At a certain point, I mentally press pause. Then I turn off thoughts of what I need to do later or what I'm making for dinner. Instead I tune in to the sounds of the birds, feel the sunshine on my face and take in all the details of my surroundings. I heighten my awareness of where I am. And you know what? It's always a peaceful, almost spiritual experience.

While I'm working, I try to press the pause button at least once a day. It gives me a chance to stop my work and enjoy the moment. Sometimes I close my eyes and just sit back in my chair. I try to empty my mind of all thoughts except for a mental vision of mountains (my go-to relaxation image). I push away stressful thoughts and concentrate on relaxing my neck, shoulders, arms, thighs, knees, feet and tummy. I breathe slowly. When I open my eyes again, I feel refreshed.

Pressing pause is really about stopping to enjoy "now." Now only happens once. Now has many sensations and dimensions you miss if you're too busy or distracted. What a waste to let now pass unnoticed.

Every day has many beautiful moments. You just need to take the time to press pause and notice them.