



Four Ways To Free Yourself

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- Time is a product of our thoughts and our management. “Minutes and hours are conventions, agreed upon so that we can conveniently meet and communicate and work in harmony. How we choose to spend our twenty-four hours a day can make all the difference in whether we feel we have “enough time,” too much time”, or not enough time.”
- Live in the present moment and reduce the amount of time and energy musing about the past and worrying about the future. Whatever you are doing in the present moment will take on a greater richness when you turn off the automatic pilot switch. Time can feel like it “disappears” when you are fully engaged. Reminiscing about the past or planning for the future has a place, but it is with purpose in the present. The same for running late. One can hurry mindfully, noticing the breath. When done hurrying, give yourself time to recover.
- Devote some of your day to “just being.” By practicing mindfulness meditation, you are stepping out of the flow of time and living in stillness and in the present.
- Simplify your life. Jon Kaba-Zinn writes about a judge who complained he didn’t have enough time. Upon analyzing his habits, he realized that he religiously read three daily newspapers and watched the news for an hour. Now he reads one newspaper and doesn’t watch the news, freeing up about two hours a day. While we might not read three newspapers a day, if this story was updated, I’m sure a reduction in social media would likely be used as an example.

Arlene, Nancy and Jaimi