



Wellbeing

Taking Time

Hearing anybody suggest to you that what you might like to do is slow down in order to get more out of your time sounds both ridiculous and infuriating. But what if it is true? Let's think about it just for a moment. Of course, there are occasions when going fast really does matter – like if you had to escape a burning building or run away from a wild animal.

But we all know that those aren't things that are happening all the time and if we live as if they are, then our stress and anxiety levels are going to be running much higher than is good for us. Honestly, it really doesn't make sense to live our lives as if that kind of stuff is happening all the time. It's not good for us physically or emotionally, and it will certainly have an impact on the way we relate to others - especially those we are closest to. We've probably all experienced that feeling of knowing the person we are with is preoccupied with needing to be somewhere else and in a hurry to get there; It's not a great feeling!

Of course, when we slow down, we will do a bit less – that's undeniable. But perhaps it means that the stuff we will do will be far more focussed, of better quality and as a result have much greater impact. We will feel happier as well, less thinly spread, more at peace with others and a lot less stressed. All of which is good news for our hearts our minds and our relationships.

So – try, if you can, to have some 'taking time' slots in your day.

Tip one: Breathe deeply

It's great for helping us get a good perspective on the day ahead, the situation we are facing or the difficult conversation we know we need to have. So, before the day begins (whether you are in the car, on the bus, just as you leave the house, sat in the classroom or your office - wherever works for you) take 5 deep breaths. In the working environment, some people find it very helpful to place a small sticker on their monitor as a reminder that they need to take 3 seconds just to breathe.

Tip two: Look out

There may be a lot of stuff we are missing just because we tend to be in a hurry, rushing, or too busy looking down rather than looking out. Even looking up at the sky through a window can make a difference and be more life-bringing than checking social media again. Take a moment to look out today and see what you notice.



Tip three: Invest

Spend time with someone you care about and be present - they and you will both know that this makes all the difference. Enjoy being in one another's company.

Tip four: Schedule

Many of us have all the best intentions for finding time to take for ourselves but life gets in the way. Put a reminder in your diary and allocate the time. Just make sure you stick to it!