



Wellbeing

Finding Rhythm

It's all about rhythm

There's bound to be a tune or song that when we hear it we can't stop ourselves from moving or our feet from tapping. Or if we're driving, our steering wheel becomes a drum kit that we just can't resist. Even if we look out of our windows right now we will probably see how Autumn is making itself known to us at the moment. Leaves are changing colour and mornings feel cooler. Summer is giving way to Autumn and before we know it, Winter will be on us. Then Spring will bounce back into life. It is all the rhythm of nature. It's the way of things. There is a flow. Even the way we walk has rhythm. The way we speak has rhythm. Even birdsong has rhythm.

Rhythm also matters in terms of our wellbeing. There are loads of wellbeing articles which focus on 'balance' rather than rhythm. The premise being that we need to have the right amounts of various things – work, rest, play - so that we can achieve the ultimate goal of 'balance', like balancing a set of scales. Perhaps this is achievable for a few but for many, this approach can leave us feeling a bit despondent or even guilty if we don't manage to achieve the elusive balancing point. Perhaps the better way to approach our wellbeing is to think about rhythm. After all, we can learn about it from so much of what is around us.

Within music, rhythm sets the pace. It stops things from running away or being out of time. It creates a beauty of sound and it lasts for the duration as well.

When we're thinking about our lives, rhythm can refer to what we do on a daily, weekly, monthly or yearly basis or perhaps even seasonally. The invitation is to find ways and means of creating a better rhythm or flow in our lives. We can do begin to do this by;

- Noticing what our current life rhythm is – what is and isn't working and what feels like painful pinch points.
- Remembering that we need to be intentional about creating rhythm and flow – it won't just happen.
- Being clear about what our priorities are and focussing on those, not being distracted by things that are not our priority.
- Keeping things simple.
- Dividing our days into sections of morning, afternoon and evening and determining what priorities will be the focus of those sections e.g. Exercise may work well for us in the morning but for somebody else that may be better done as jogging to pick our kids up from school etc.
- Ensuring we have strong and repeating patterns of things that we do that increase our health and wellbeing.
- Recognising that our output requires input which means that our rhythm needs to include times of restoration and renewal.

And finally, telling ourselves that we are seeking rhythm and not balance will put us in a different frame of mind – it will shift our perspective and will remind us about finding the right pace, helping us to enjoy the life we live and lasting the duration!