

“Take a Break”

“In the first mild day of March. Each minute sweeter than before...There is a blessing in the air...” This quote is from William Wordsworth. I don't think that William lived in Michigan!!! Where are the blessings? Sometimes we do need to work a bit harder to find them.

What I'm finding is that tempers are shorter. Patience is rare. The little things that your kids (beloved, employee, employer, dog,...) did that you didn't mind are now becoming a major irritant. You can't stand one more day of this weather. You don't have anything to wear. You need a haircut, pedicure, manicure. Taxes are due. There is nothing to eat in the house. Nothing seems to go right and it seems that you have way too much to do in too little time. And there is always one more thing. Did I miss anything???? Oh yea, did I mention the weather??

I'm not sure if this is the true sign of a winter that won't end or just “life”. But, it seems more and more people are feeling these things. So what are we to do??? Einstein made a comment to the effect that you can see life in one of two ways. One that everything is a miracle and the other is that nothing is. I find that sometimes it is hard to see the miracles. And when you can't “You deserve a break today” comes to mind. And in the middle of all the happenings is when you need to do it the most. Now, I know you are saying I don't have time for that or I can't afford it. But a break is exactly what you need to prioritize. This “break” is an opportunity to regroup and go back to whatever life brings you with renewed energy and focus and faith.

Sometimes you are fortunate and you can take a week away to some exotic place. For me that would be beach, hot sun, dolphins, no phones, no interruptions, and just do what I want to do. Sometimes you need a week because it takes 3 days just to unwind and remember what it is that you like to do! But, sometimes all you get is a long weekend. This works too, but you have to do the unwind work quickly!!

What if you only have a day or just an hour or even just a moment? You must still take the break! Smaller periods of time though may require just a bit more creativity. You may end up only visualizing the exotic beach, hot sun and dolphins. Obviously not as fulfilling, but it does work. Prioritize your breaks and put them on your calendar. This is your time. Don't let anything bump it!! Honor it!

“Your diamonds are not in far distant mountains or in yonder seas; they are in your own backyard, if you but dig for them.” See, your “break” is like a diamond. There are times in our lives when we must dig to find the diamonds, but really we don't have to go far. We can go to our backyard and take a much needed break so that we can continue to be the miracle that we are.