

***Pushing Pause***

Name one thing that happens at a slower pace than one hundred years ago…I’m hard pressed to make any kind of list of things. Maybe death…While life expectancy has increased dramatically over the past 150 years, I recently read that in America, life expectancy has been decreasing for the last several years.

Everything seems faster…bigger…more…

**Is the FASTER, THE BIGGER, THE MORE**

**truly BETTER?**

Over the past number of months, maybe even years, I’ve been “preaching” to others to push PAUSE. As many of you know, I experienced a forced pause at the start of the year due to a New Year’s Day ski accident. Would I have pushed pause if I hadn’t taken my spill?

**What happens when I ignore the**

**PAUSE BUTTON?**

Here’s a start to my list:

* I eat more – that next cookie(s).
* I can “marinate” (fill my mind continuously) in stuff that isn’t healthy…constructive.
* I react rather than thoughtfully respond.
* I fill the air (often the silence) with words rather than listen to understand.
* While driving, I yell (even though he/she can’t hear me) at the person who doesn’t GO when the light turns green.
* I “hydroplane” right over a close call without realizing how close I might have been to an accident (even a deadly one) or to the destruction of a relationship.

Alternatively, when I do CATCH MYSELF and push pause:

* Eating takes its proper place in my life. I don’t eat more than I NEED to, and I feel better about myself (and maybe lose “that weight”).
* My mind is drawn back to “the good stuff” and I become more of the “me I want to be.”
* Others feel respected as I pay attention to them and what they have to say.
* My relationships are better – nurturing, meaningful – what I REALLY want.
* Energy is conserved for the weighty matters, rather than wasted on matters that really don’t matter.
* False narratives don’t rent as much space in my head.
* I can attribute positive motives to other people.
* GRATITUDE is more evident in my thoughts, words and actions.
* Sights, sounds, smells, tastes and touches mean more as I “attend” (give my attention to) to my senses.
* I slow down and breathe…I’m more present.

Lest you think I’m inviting you to some sort of yoga retreat (which might not be such a bad idea…), there are some workplace benefits to the PAUSE:

* Co-workers are more likely to feel appreciated and valued.
* Less unnecessary conflict.
* Increased efficiency.
* Joy in my work.
* Greater likelihood of healthy teams.
* If you’re “the boss,” less employee turnover.
* Greater engagement personally, and if you’re a manager, greater engagement on the part of your team(s).

I believe we all have areas in our lives where PUSHING PAUSE would serve us well. Pause for a minute and think about (maybe even write them down) times when pausing would serve you well.

You’ll be glad you did!