

Whole Living

Spring 2009



Worry..

Spring is a time of year when I start to notice things in my life that have gotten completely out of my reach. I notice how busy I have gotten, how many nights I spend with my eyes open thinking of all of the things I need to accomplish the next day. I think about all of the things I'd like to do (productive things) if I just had more TIME. Then I walk outside on a sunny day and feel the tension between wanting to just bag everything, have an hour of technology free time and being 'productive'. I then realize I have become something I am not proud of. I have stopped remembering what is important and I have somehow made being *efficient* the priority. I find myself saying no to coffee with my mother, saying 'no' to a quick walk with a friend, and saying no to dinners I don't even have to cook..I find myself choosing to stay stressed out, busy and consumed with *worry*.

Horrendous excuses to living a **full and present life** that must cease from this point forward. The reality is that **yes**, work is important, chores are too and feeling like you are getting things DONE is grand but spending time worrying and not sleeping are BAD. Taking time to stop, embrace life (and my mom) and breathing in fresh air are **so much more important..**

A **104 year old** woman just recently said to a friend of mine, "4 things in life are important. Eating right, exercising, learning how **NOT** to worry and knowing God."

If you are anything like me, I urge you to **s-l-o-w** down, to breathe and to remember that we only have one life, and we have to **make it count**.