



From the Grove A MENTAL WELLNESS NEWSLETTER

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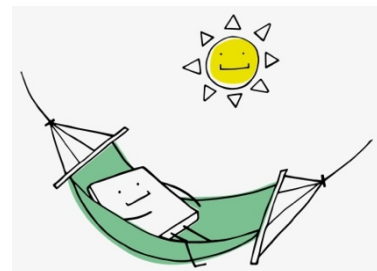
EVERYONE NEEDS A BREAK

Do you...

Ever check the time and think, “Where did the day go?”
Ever question your productivity? Perhaps you’ve thought, “I’ve been at this for a while and it seems as though I’m getting nothing done; there is still so much more to do.”
Ever ask yourself, “Why is it so hard for me to focus and finish these tasks?”

Maybe You Need a Break

It’s true that COVID-19 has possibly slowed down some of your activities. But for some of you, you are just as busy as before the pandemic. Do you think you are too busy? When was the last time you took a break?



For others who may be spending a lot more time at home, you also need a break. You may find that simple tasks and/or chores are not being done. Realize that although you are not constantly running around, doing this and that, your mind still needs a break.

Time to be Mindful

Is your daily schedule packed with work and other tasks? Or do you have time and simply feel tired from the mental weight and anxiety of this pandemic? Whichever is your case, give yourself a break!

When was the last time you were still enough to take in the awe and splendor of God’s creation? When was the last time you looked at the sky and watched the clouds? Listened to the birds? Watched the squirrels? Or enjoyed the laughter of children playing?

When was the last time you were still and listened for God’s voice? Or the last time you sat in his presence? When was the last time you paid attention to what was on your mind?

Taking intentional breaks can help us become more focused and more productive. In the next article, we will look at the many benefits of taking breaks.

ACTION STEPS

What adjustments do I need to make in my schedule?

What days and/or times will I schedule breaks?
