

Exhausted? Need to Recharge?

Anytime a piece of technology is giving us problems, what's one of the first thing we do? We turn it off, and then turn it back on. It's amazing the variety of concerns that this simple trick can solve. What happens when we apply this same principle to our minds?

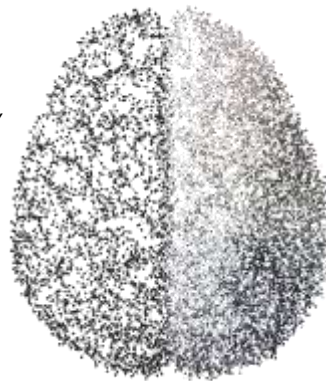
Mindfulness

Teaches us that the same principle can apply to our minds. If we're in an emotional funk, or if the solution to a problem eludes us, we can learn how to unplug our mind—even for just a minute—and watch how many concerns shift, go away or answers appear when we plug back in.

An invitation to unplug: try saying to yourself, "Just for this one minute, I don't have to accomplish or change anything."

Making time – even briefly – in our day to pause, be present and reset our batteries is vital to help us stay on the top of our game.

*"If there is anyone 'secret' to effectiveness, it is concentration."
—Peter F. Drucker, management philosopher.*



Another Quick Exercise:

Imagine that each of your five senses is like a door that lets information into your mind. The invitation to close each of these doors and offer yourself the gift of bringing your attention to being here, right where you are, right now.

Our mind takes in so many sights, sounds, etc., all day long. For just a minute or so, just be. Nowhere to go, and nothing to do.

"The invitation to be patient with oneself and how we stay effective to ourselves in turbulent times."

—Michelle Reugebrink

Want to give it a shot?

6 Minute - guided break (Five Senses)

12 Minute - guided break

(Taking a Moment to Recharge)



Resources

Work Environment & Performance Office Resilience & Personal Effectiveness SharePoint Site
(Forest Service access only) <https://usdagcc.sharepoint.com/sites/fs-cr-mhw>