

⇒ OUR FESTIVE FITNESS CHALLENGE ⇐

12 DAYS of CHRISTMAS 2020



January 3rd, 2021

Life is a juggling act and the more comfortable we become with correcting imbalance the better we become at finding some semblance of balance.

Here's a quick video [2:36] to set the stage (just click on the picture).



In our lives we have that pull to go, go, go, coupled with that tug of FOMO (Fear of Missing Out) – it seems there's so much to do and so little time to do it in.

Yesterday we looked at the significance of movement. It's vital importance to our health. The necessity to move more frequently and in a multitude of ways – while of course remembering the distinction between “movement” and “exercise”. But in contrast to all that movement, and equally as important, lays stillness.

Movement sparks our creative juices, stillness allows us to bask in them.

“Yes Chris, but I'm still when I sleep”.

Yes, you are physically still, but this is not a conscious stillness which allows you to sit with your thoughts and process them. To ruminate... ponder... mull... DIGEST!

This is the physical rest which allows your body to heal and your mind to shut off.

THE ONE WITH THE PANDEMIC

Stillness and movement, yin and yang, contrary in nature, yet so tightly interwoven. Hopefully yesterday, amidst physical movement you were able to appreciate some mental stillness as you appreciated nature.



Stillness inspires new ideas.

It allows us to sharpen OUR perspective.

It illuminates connections and gives us time to figure shit out.

It gives us practice being away from all that busy-ness... and makes us a bit more resistant to FOMO.

It gives us a bit of space to nurture gratitude and wonder... our WOW!

It gives us the moments to reformulate and persevere.

It's the key that unlocks our insights

We must become well-versed with movement and become well-versed with stillness. We must learn to juggle... we must find our calm in the art of balance.

Quiet the noise. Slow the busy.

Today's Task.

Find a corner. Take time to be quiet. 5 minutes. Set a timer if you have to.

Remove the stimuli which detracts from YOUR time.

Resist the urge to think about how busy you should be, making lists and organizing your day.

Spend some time thinking about the past few days:

- The people you've connected with and are grateful for.
- The places you've ventured mentally and physically.
- The capacity of your body.
- The things you've uncovered and explored.

Are you able to be still and enjoy these things? Ruminant in your reflections?