

OPTIMA EAP THOUGHT OF THE WEEK - 03/15/10

**“True silence is the rest of the mind,
and is to the spirit what sleep is to the body,
nourishment and refreshment.”**

~~ William Penn

How often do we let silence into our day and into our lives? For many of us, it may be for a couple of moments, at best.

Albert Einstein was known to revel in silence, spending hours sitting and pondering. He credited his ability to be quiet as one of the secrets for his success, stating that when he stopped trying so hard and cleared his mind, the answers would make themselves known.

We are a society that takes great pride in “being busy”. Sitting, pondering, thinking, being quiet, allowing room for silence ... those are activities that no longer seem to fit into the way we live. However, many of us are experiencing greater feelings of anxiety and mental over load. We have so much to do, but yet we are doing it all while running on “empty”.

In order to recharge we need to create opportunities to disconnect from constant stimulation and information. Taking time to just be in silence gives our minds the opportunity to clear away the clutter, process all the input, and make room for ideas and solutions to generate.

Turn off the noise in order to turn on your mind.

“There may be something good in silence. It's a brand new thing. You can hear the funniest little discussions, if you keep turning the volume down. Shut yourself up, and listen out loud.” *~~ Wes Borland*



EAP Thought of the Week is developed exclusively for Optima EAP Clients by the Optima EAP Employee Education and Development Staff.

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