

OPTIMA EAP THOUGHT OF THE WEEK - 7/21/08

“Sit down before fact as a little child, be prepared to give up every conceived notion, follow humbly wherever and whatever abysses nature leads, or you will learn nothing.”

~~ Thomas Huxley

As a young child filled with wonder and awe, everything is new and magical. Just watching and exploring the world is a learning opportunity with complete freedom from preconceived notions. Learning comes naturally because it just seems like so much fun. And it is! The process is filled with joy and excitement as well as tremendous anticipation about the unknown. Children tend to continually seek out new environments, new challenges, new places and new things to investigate. As they do, they develop their minds, and grow into the adults they will one day become.

As a grown-up, you continue to learn from your environment and circumstances. The brain never stops growing and developing. The challenge is that all too often your environment and circumstances begin to become too familiar and offer little variety. It is as if adults no longer seek out the “new”, they want to stick with what is familiar, and at the same time wonder where the joy of life has gone. It is easy to fall into a pattern of doing the same old things; especially when so many of your daily activities can be mundane and routine. Have you ever found yourself driving to work and not remembering how you got there? Do you ever find yourself on “autopilot”, just going through the motions?

Numerous studies show that the key to healthy aging is continued learning. You need to keep your mind and brain engaged and challenged in order to stay young and viable. So the next time you are curious about something, be like the kid you once were, and give in to the urge to explore it. Let go of any preconceived ideas and see where it takes you. Just trying a new activity, playing a new sport or taking an unfamiliar route to work can keep life fresh and fun.

So, go ahead and be like a child! It really does keep you younger (and happier).



Optima EAP is available to provide assistance when one is faced with challenges in home or work life. Please call to schedule a confidential appointment with one of our licensed clinical professionals.

1-800-899-8174 or 757-363-6777

Visit our EAP website at www.ilab.org/hr/sentaraeap.html for additional topics & information.