

OPTIMA EAP THOUGHT OF THE WEEK - 9/29/08

“Most of life is routine – dull and grubby, but routine is the momentum that keeps life going. If you wait for inspiration, you’ll be standing on the corner after the parade is a mile down the street.”

~~ Ben Nicholas

We are told that we should crave excitement, desire adventure, and welcome surprise. At all costs, we should avoid the mundane and predictable! We are encouraged to forge fearlessly ahead, full of spontaneity and endless curiosity, right? But how many of us secretly desire a little less excitement and one or two fewer surprises in our days?

Certainly, life’s unexpected moments keep us on our toes, give us experiences to cherish, and teach us lessons we need to learn. However, life’s routines can be gifts to us as well.

Routines provide the structure and continuity that we rely on to efficiently move through our day. Routines give us security and stability when our world begins to spin. Routines offer us comfort and quiet in ordinary moments, such as taking the dog for a morning walk, packing our child’s lunch, doing a workout at the gym, watering the plants and loading the dinner dishes in the dishwasher.

What are your routines? Do you consider them drudgery – endless things you have to get done? Or do you consider them things that keep your life steady?

The practice of yoga cites that there is freedom in routine. Freedom from competing demands. Freedom from confusion and chaos. Freedom from energy-draining drama. In the moments of routine, we are in control and things are in balance. There is order and an opportunity for accomplishment.

Routines may seem unimportant, but they keep us on track and moving forward. Routines may be ways to complete tasks. They may be unsung ways to show others that we care about them and for them. They may be brief opportunities to put ourselves first. They may be the moments in which we can identify our dreams before we go chasing them.

Learn to appreciate the routines in your life. Welcome the daily tasks that you can accomplish with ease and that don’t drain your energy level. Recognize that joy can be found in moments of tranquility as well as in moments of adventure.

“The magic of procedure: do this after that and thus before so; then your wish will be granted.” ~~ Mason Cooley



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 <http://www.jlab.org/hr/sentaraeap.html> for additional topics & info.