



Mondays *with Mike* **AULTCARE**

MONDAY TUE

Elimination of Hurry – The best gift we can give ourselves!

As we continue along the holiday journey, we may have begun to feel extra stress, anxiousness, and feelings of being overwhelmed. Our lives, already hectic enough, will take on an added layer of “to do.” To help us combat this, I share an excerpt from John Mark Comer’s book, *The Ruthless Elimination of Hurry*. It is a sobering reflection of how “hurry” can be a predator on the loose.

A “successful life” has become a violent enterprise. We make war on our own bodies, pushing them beyond their limits;

War on our families, because we cannot find enough time to be with them;

War on our spirit because we are too preoccupied to listen to the quiet voices that seek to nourish and refresh us.

The rush and pressure of modern life pushes us into pace that is not healthy or sustainable. In short, we become what we give our attention to, for better or worse.

The solution is not simply more time. It is to slow down and simplify our lives around what really matters. Life is a series of choices. As Anne Lamott humorously points out, “No’ is a complete sentence.” Slow down, simplify and live deliberately right in the middle of the chaos of our noisy, fast-paced, digital world.

This week, when you are feeling that sense of anxiousness, or “frenzy,” take a time out right at that moment and make a decision on what is best for the “greater good.” Eliminate that anxious energy surge by making a solid choice on what is best for the long term. Then, take a deep breath, move forward, and leave all of the competing “chatter” in your mind on the curb.

Truly, this is a gift that will last a lifetime!

Have a great week!

