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### Beat The ‘Captivity of Activity’ with Rest

There’s a difference between accomplishing something and doing something. Our fast-track world honors constant activity, but those who aren’t selective about what they do can wind up with a lot of stress and feel like a mouse on a treadmill. They’re running fast, working hard, and not getting anywhere. Experts call it the “captivity of activity.” Here are some of the symptoms:

- You’re in a constant rush.
- You think that no matter how much you work, you’ll never have enough time to do it all.
- You are chronically tired and emotionally exhausted.
- You believe that if you stop, everything will fall apart.



It won’t. Here’s a radical notion that will help: Get some rest. That doesn’t mean rushing off for a vacation, because that could raise your stress level even higher. It doesn’t mean taking a less-stressful job, because every job includes stress. And it doesn’t mean putting your kids up for adoption, because you’ll continue to run anyway.

The key to resting is to actively do nothing for a while, and then do it some more.

Will the world fall apart if you say “no” more often? Will anyone care 10 years from now if your home isn’t very neat today? Will your kids be harmed if you tell them not to interrupt your down time? Will you lose your reputation by not volunteering for the next big project? If your stress level is pushing you toward burnout, you have to give careful thought to these questions.

Life isn’t going to slow down, but you can purposely find ways to do it when you need to and to get some rest. The trap of activity will always be there, waiting to pull you in.

# FINDING PEACE OF MIND IN TROUBLED TIMES

Anger, grief, and troubles are all around, but they don't have to control your life.

Here's some advice from people and philosophies with ideas that have notably common threads: acceptance, inner strength, and viewing troubles as transformative.



The Dalai Lama (Buddhism) views suffering as an inherent part of life that can lead to strength. He advises, "If there is a way to overcome the suffering, then there is no need to worry; if there is no way to overcome the suffering, then there is no use in worrying."

Christian leaders point out that scriptures repeatedly proclaim that God is with you, even in trouble. Isaiah 41:10: "Fear not, for I am with you."

Islamic Teachings (from the Quran and scholars) stress 'sabr' (patience) as a divine virtue. The Quran states, "Indeed, Allah is with the patient," and promises relief after hardship: "Verily, with hardship comes ease."

Hindu teachings (from the Bhagavad Gita) view difficulties as temporary illusions for the eternal soul. The Gita advises performing duties without attachment to outcomes: "We are eternal souls navigating temporary trials."

Self-help gurus often emphasize personal empowerment, mindset shifts, and resilience-building practices.

Noted speaker Tony Robbins says, "Every problem is a gift – without problems we would not grow." He promotes practices like maintaining discipline, learning from others, and not giving up, as "persistence overshadows even talent."

Eckhart Tolle, a spiritual teacher focused on presence, advises accepting the present moment without resistance. He says, "To offer no resistance to life is to be in a state of grace, ease, and lightness."

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# MARCH IN HISTORY



- Harvard University students in March 1939 thrilled the public with their new fad: Goldfish swallowing.
- On March 15, 1937, the first blood bank was established at Cook County Hospital, Chicago, Ill.
- On March 30, 1867, Alaska was purchased from Russia for 2 cents an acre.



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## Celebrating the Women in Our Community Happy International Women’s Day

This month we celebrate International Women’s Day, a special time to recognize and honor the incredible women who make a difference in our homes, our community, and around the world.

We would like to take a moment to appreciate the strength, kindness, leadership, and resilience that women bring to our daily lives. Whether as mothers, daughters, partners, friends, neighbors, or leaders, their contributions help shape a stronger and more caring community for all of us.

On behalf of the management team, we wish all the amazing women in our community a wonderful International Women’s Day filled with appreciation, joy, and recognition.



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