

LIFESTYLE



WHAT HAVE YOU MISSED?

The end of the year is approaching, to the accompaniment of the familiar laments. Where did the time go? It feels like it was only yesterday when...I just never got around to...maybe next year...

As John Lennon so famously said 'Life is what happens to you while you're busy making other plans.' Stop for a moment – I know, it's difficult – and think how you might be part of the problem.

Life is what happens when... you're too busy working to notice that it's gone by.

You go out early; you come home late; you bring some work back with you, with its accompanying stress. You sit in bed at night with your laptop, and you wake up in the morning planning for your next meeting. During the evenings and weekends you spend time on the phone, keeping in touch.

Even without work, most of us have busy lives, attending to the needs of families, homes and to our own interests. As many of us now remain active into our sixties and seventies,

grandparents are now often unavailable for their traditional roles.

But while you're busy, children are growing up, developing relationships and life patterns that you might – or might not – wish them to have. As you have less time for partners, family and friends, people move on and relationships suffer. What have you missed this year, because you were busy?

Life is what happens when... you're too exhausted to keep up.

The pace and complexity of our lives, whether we are adults or children, makes maintaining any kind of life balance both difficult and exhausting.

By the time you have attended to the urgent and important stuff, resolved major crises and put out the fires, there's little energy left. To make matters worse, there's nothing left for exercise, relaxation or sitting down to proper meals, so you get no opportunity to recharge your batteries. By this time of the year many people are running on empty. What are you missing when you're just getting by?

Life is what happens when... yours is reduced to the size of a small screen.

The e-addiction that has swept the world threatens to change our relationship with reality and with the people around us. The e-need is to be always on, always connected and ever on the lookout for something or someone more interesting than anything with which we are currently involved. It's changing society in ways we are only beginning to notice and understand.

Our e-absorption gets in the way of our connecting with the real world around us. Cell phones are a cause of traffic accidents. Runners using I-pods don't hear approaching cars. Families may be at home, but there's no-one actually there.

What are we missing? 📱

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