

e-tips

The Journey to Well Being



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The Walden Zone

If we practice leaving our work worries outside of our homes by using a burden basket, what then happens when we walk through the door and turn on all of our screens? If we're not careful, we may replace projects and deadlines with world chaos, fictional drama, and fascinating gossip. William Powers suggests in his book, Hamlet's Blackberry, that we identify space in our homes where there are no screens. And if this thought creates immediate anxiety, an alternate idea is to have days or times when the screens stay off. Imagine being stimulated only by your own thoughts, ideas or real life conversation with loved ones. Imagine just the natural noise of a home that is a refuge from a busy world.

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