

Why Are We In Such A Hurry?

We seem to be obsessed with a feeling that the time is running away, that there isn't enough of it and that we must run faster and faster to keep up with the time.

To organize ourselves, we invented time and compartmentalized it into years, months, weeks, days, hours, minutes, and even micro seconds. But now we have become a slave of our own invention.

I wonder if we have become a part of a "cult of efficiency", engaged in an orgy of acceleration. It seems that this "cult of speed" itself has gone out of hand, with a belief that 'time is money'. We are on a treadmill of a never ending bustles.....nothing but work, efficiency, high volume, cost saving.....

But why is the rush to save time and maximize efficiency? Efficiency at what cost?

We are beginning to see that long hours on the job or packing in a lot of tasks within a defined time frame are more likely to make us unproductive, error prone, unhappy and ill. Workers in their early years are burning out. Isn't burned out workforce bad for the bottom line?

Our obsession with the efficiency means infliction on our own families-parents spending less and less time with their children, children coming home to an empty house, couples not having enough time and energy for each other and little time for our inner self. In the name of efficiency and time saving, we have lost the art of slowing down or simply being alone with our own thoughts and feelings.

By no means, am I promoting snail speed and inefficiency. By slowing down, I mean, maintaining a balance within our lives. Life also requires a pause on a regular basis – a moment to assess our spirituality, mental health and relationships.

We have lost the ritual of family dinner in favor of eating solo, eating on the move and mixing our food with business.

Whatever happened to taking time to sit around the table with family and friends, enjoying a good meal with laughter? Whatever happened to the joy of cooking from scratch?

Interestingly, wireless access to internet is becoming a standard facility for the guests at campgrounds. We have traded our most valuables with speed, deadlines, production quotas, low cost and expediency. Paradoxically, we want more from each minute, each hour, and each day, until we are too exhausted to enjoy the fruits of our own labor.

No doubt speed, efficiency etc have their own place; however, at times quality of life must take precedence.

Some of the ways to maintaining a balance in our lives is to change our attitude and the way we think and prioritize. Saying no to expediency and being different from others takes courage.

Taking a break could be an effective way to rejuvenate ourselves. It could be an alternative to anti-depression and anti-anxiety medications.

Eco therapy, like 30 minutes a day walk in a country setting, gardening, and outdoor activities can help boost our immune system and our state of mind. Going green can beat the blues.

Reading a good book, writing, art, painting, music are all believed to be satisfying to the soul, exhilarating, challenging, soothing and relaxing.

There is a time to excel in our productivity but there is also a time to check our urge to speed up, to question the value of materialism, and to learn the art of letting go of a certain life style. In the end analysis, what matters is maintaining a balance in our lives.

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