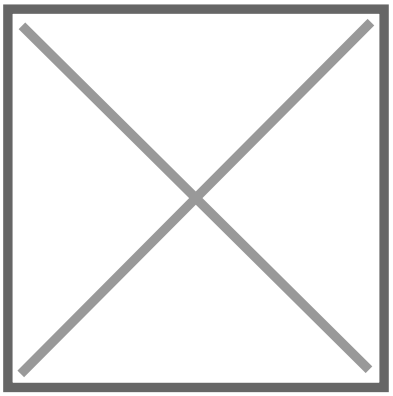

Ministry Publishing â?? Take Time to Rest

Description

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Take time to rest is an axiom to live by in life and in business. It is important for whatever you are doing.

Time to Rest.

What is time to rest? The concept is that our minds and bodies need to be rested, not necessarily sleep. But this is dealing with time. Time is not eternal, it is fixed. So we find a specific time to rest from what we are doing.

Why Should We Take Time to Rest?

Because our bodies have a need to rest. Moreover, our minds can become tired. This is particularly true when you work with computers. Eyestrain and simply sitting, or worse slouching at our desks. All of these can lead to energy strain. Rest, however, often rejuvenates us.

Do You Mean Take a Nap?

That is one way of resting. But there are other ways. Simply switching from one task to another often provides physical and mental rest. Here is a list of restful activities:

Nap

Switch Tasks

Take a Walk

Eat

Shower

What if You Donâ??t Have Time to Rest?

You always have time if you remember this maxim: A Tired Mind Makes Mistakes.

If you remember this then you will find time to take a rest. Otherwise, you might find yourself rewriting what you just wrote.

When I get tired, I tend to close my eyes and then if I am typing I get a string of letters.

Then I will take one of those restful activities and get recharged.

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R. Frederick Riddle is an author, teacher, publisher, and the owner of T&R Independent Books. You can learn more about him at Facebook. The website is at T&R Independent Books.

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ronald-riddle