

THE EXTRA POINT

BY JERRY ROBERTS



804 The “Grilled Cheese” Strategy for Slowing Down

Life is often busy and complicated, and there is a continual push forward to get things done. Our attention is regularly taken with the latest innovation, as technology affects every part of life. Certainly, workplace life is at the forefront of that. It gets crazy, and frustrating, and sometimes you wish everything would just slow up. Except, you know it won't. I'm Jerry Roberts, and what if, once in a while, you reached back into more familiar things and times. Could that make a difference in your general outlook? We'll talk that over, next, on The Extra Point.

Things move so fast today, and the wish for business to take its foot off the accelerator is wishful thinking. There are really only two gears in Westernized economies — full speed ahead and stop.

The only way to slow things up is to jump off the progress train, and that's a tough choice to make. Most people can't afford to do it, and maintain the standard of living they've chosen.

Maybe there's another way. What if we kept our jobs and careers and the intensity they require, but made a greater effort to enjoy things that we've always liked, and maybe have forgotten about.

Ray's comment last week about making grilled cheese sandwiches in an air fryer and having it turn out perfect, got me to thinking. Grilled cheese sandwiches take you back to being a kid. It was a main dish for a lot of us, and we might experiment with what went into it, but the regular, plain melted cheese between two slices of bread, was always welcome.

Did you have a friend you always loved to have grilled cheese sandwiches with? If they're available, pick up the phone and invite them over, making their sandwich the way they always enjoyed it best. Maybe that food will lead to a whole day of reminiscing.

If you have an air fryer, you might think about buying bread, cheese, and whatever else you like, and taking it to work. Would it lift the spirits of folks in your department or office, if you made grilled cheese sandwiches for your coworkers?

Maybe make a favorite dessert from your childhood, add a couple of games, tell childhood stories, play a list of favorite tunes on YouTube or Spotify, and it's a lunchtime event. If everybody has fun, maybe you do it a couple of times a year.

Grilled cheese is likely going to ring the bell for most folks at work, but it could be anything. How about everybody brings their favorite pizza fixins' and bake those up? Maybe you do an "old school" potluck, with folks bringing in something they liked as kids.

The thing to realize is that if you are impacted by the speed of work life, other people likely feel the same and would welcome a chance to turn the clock back — and the addition of good food and fun is a great combination to create a good time.

Can't do it at work? Okay, do it at home with your kids, or just relax and do it for yourself. Every so often, taking a pleasant page from the past and bringing it to life in the here and now, can be restful, maybe even invigorating, and put you in the right frame of mind to take on the challenges when you again board the progress train.

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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