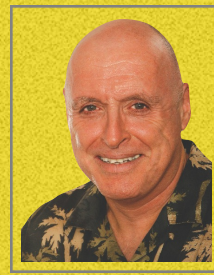


THE EXTRA POINT

BY JERRY ROBERTS



1493 Is Mindful Disruption the Key for Mental Decluttering?

Into another week we go. For some people it will become a blur of appointments, to-do items to check off a list, and precious time being hijacked by one person or another as you do what you can — as much as you can — to get value from it all. I'm Jerry Roberts and if this fairly well describes what you've got in front of you, and you're saying to yourself, "Man, It's always go-go-go, I never even get time to think!"...I think what you might need is a prescription for some mindful disruption. I've got details next, on The Extra Point.

If you're the kind of person who is constantly in motion, tons of things to do, and by the end of the day you're exhausted and wondering what you really got accomplished, in the words of Bill Clinton, "I feel your pain."

Maybe your work calls for a certain degree of creativity, but with a day that is crammed full of stuff to do, fatigue and distraction often leave you in a creative rut. It's not how you want it to be, but you don't see your way clear to change your routine.

What you need is mindful disruption. Is it a dark secret from a science fiction thriller? Is it dangerous? Will it have Doug Moylan looking to give you a Magnilao address for years to come?

Let's break it down. Mindful disruption is a strategy to be used when you need a burst of creative thought, or frankly, when you want to give your head a break from being weighed down by all the things — large and small — that you do as you charge through your day.

Let me give you another term for mindful disruption. It's also referred to as intentional transition, enabling us to create a mental shift as we move from task or activity to another.

You're tired and bogged down, but through this mindful disruption or intentional transition, you find a way to approach the new task with focus, clarity, and a sense of presence. Could that make a difference for you?

It works like this. You finish what you're doing, then take a moment to pause, acknowledging the completion of the previous task, and then you consciously transition your focus to what's coming up. This slows down that familiar blur I mentioned earlier.

This helps us avoid carrying any lingering distractions or thoughts from the previous task into the new one, and we can enter the next activity with a clear and prepared mindset.

Is this important? It is. Transitioning directly from one task to another can lead to divided attention and decreased focus. This mindful disruption allows us to intentionally shift our attention and bring renewed focus to the present moment.

"But wait Jerry, I don't have enough time as it is. How will I ever squeeze this in?" We're not talking about a full-blown meditation session. These are moments you steal back, a couple of minutes at a time.

It could be playing a favorite song on your phone. Reading a Bible passage. You could do a few gentle stretches to activate muscles. If nothing else, close your eyes and take a few deep breaths. Just do something totally different from what you've been doing and what you're going to be doing next.

By cultivating mindfulness during the transition, we can optimize our cognitive resources and perform at our best. You might say it's a gentle recharge for our brain.

Mindful disruption provides a short break from our busy schedule, allowing us to release tension, reset our mental state, and approach the new task with a fresher state of mind.

By deliberately transitioning our focus, we can facilitate a smoother and more efficient shift between tasks. We enter the new activity with greater clarity and better focus. That will be a boost for creativity and productivity. (Con't.)

How often should you employ this concept to your day? Whenever things start to feel a little overwhelming and you're stressed, or when you know you need to be at your creative best for what's coming next.

Here's the reality. If taking three or four of these mini-vacations from the onslaught of your daily schedule can improve your state of mind, enjoyment, and perhaps even your performance, is it worth a try?

Load up a few of your all-time favorite songs. Put a Bible app on your phone. If not those, decide what you want to use for your brief excursions away from the constant buzz of your routine.

Mindful disruption or intentional transition. Use the term you like best. Use it and see if it can make a difference for you.

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

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