



Carol Ann Small

Hello and welcome back to a third helping of “Small Talk,” a newsletter that strives to inform, uplift and inspire you to laugh stress right out of your life. I knew anxiety from day one! When mom was pregnant with me, she never felt me kicking but instead claims that I kept pacing back and forth. Already anticipating my grand entrance, I’m sure I was grumbling to myself, “Let me out! I don’t have time for this!”

Ever feel this way? If so, this is the ideal installment of “Small Talk” for you. We’ll explore how accelerating our schedules sacrifices our energy, serenity and plenty of belly laughs. Like the French, we need to savor each bite of that croissant called life. Bon Appétit.



FASTER... FASTER... FASTER...

Do you ever miss the days when you could actually take a moment to compile a list of “Things to Do Today?” Most of us haven’t enjoyed that opportunity since the year of bell bottoms, mood rings and “American Bandstand.”

Nowadays, we’re so busy downloading, upgrading and rebooting that taking a moment to prioritize seems like a waste of precious PC time, doesn’t it? Besides, some of us are still trying to surf the net without wiping out.

State of the art technology encourages us to race ahead of ourselves in an Indy 500 pursuit of efficiency. Sometimes it’s easy to lose sight of humanity in the midst of the high octane hustle - particularly when you’re squinting from computer glare!

As the pace of our universe accelerates, there’s more than enough zip in our zip drives, but we seem to be lacking some good old fashioned interface. Perhaps it’s time we spend an extra five minutes assisting that disembodied voice in the next cubicle or going that extra mile for an inquisitive client.

SUGGESTIONS FOR SAVORING THE DAY

- ▶ Awaken fifteen minutes earlier so you’re not rushed, and you may even catch a sunrise.
- ▶ Lunch with a friend who makes you laugh (and picks up the check!).
- ▶ Under promise and over deliver. In other words, give yourself more time for everything.
- ▶ Schedule one fun, frivolous activity per week
- ▶ Watch or read humorous material prior to bedtime.

Do you ever think to yourself, “Is our society so ferociously busy that we’re all reduced to twelve digit account numbers, access codes and completely unmemorable passwords?” I’m sure you’ll agree that it’s time to put the “human” back in “human resources.”

As our working relationships become more virtual than personal, it’s our responsibility to stay connected to more than just the nearest power strip. Thoughtfulness and compassion for our co-workers make for a kinder and gentler office environment - and you don’t even have to push “1” for more options!

While turbo charging through the next century, our primary challenge will be how to retain our humanity amid the encroaching automation. In today’s over caffeinated environment, we need to remember to stay connected to individuals and not just our modems.