

# Hurry Up And Rest!

Nov 7, 2014



"**You know check stand #2 is open!**", an employee comes to tell me.

"**Yes, I know. But, I like to wait.**", I softly tell them and smile.

It is at that moment I receive the common face twitch and body shrug from the store person.

Meanwhile, I look around at the magazine covers, the candy packages, the floor, the ceiling and other things that catch my eye. I think about my day at work and how I could improve my approach to 'negative' people. I think of a joke and giggle (inside). Out of the corner of my eye, I can see other customers rushing to the shortest line, sometimes cutting each other off, all the time looking stressed out. I then smile and go back to my day dreaming.

The scene is repeated at almost every place we visit.



From small town roads, to large free-ways, cars are continually zig-zagging between lanes, cutting each other off and tailgating to 'save' those precious seconds in travel time.

Meanwhile, they raise their blood pressure, stress levels, and stay angry at those 'other' drivers during the trip. In their effort to get 'there!', they lose a lot more seconds driving pissed off.

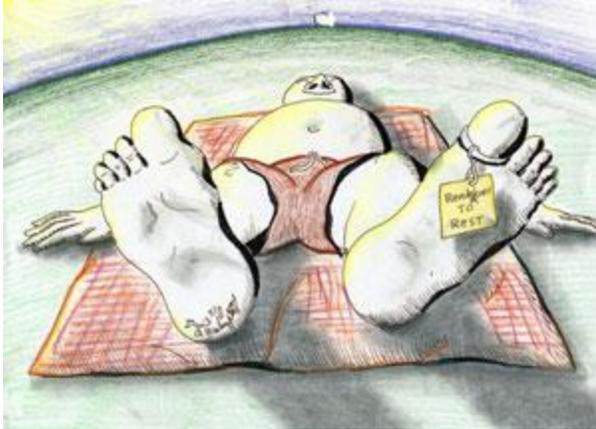
Back at the grocery store, the illness of 'what is the quickest way to do this' isn't limited to those employees paid to push the cattle, but, is within a large portion of the customers. If you stand in front of the cookie packages a second too long, you will feel the piercing eyes of the person behind you. Place your cart in 'any' spot and quickly find out that it is the 'spot' someone else **MUST** have at that exact moment, and... how **DARE YOU!** take the place they want.



Of which they would respond, "**Oh dad, don't worry about it, that is just online and how we talk, it doesn't 'mean' anything.**"

But, I would then be around the same people when they were together in groups and the same type of interactions would happen.

"**Does it 'mean' something now?**", I would ask them. They would then give the same face twitch/body shrug of the store person.



For the people that find themselves going through the day feeling like they are always behind, and end the day feeling they didn't get enough done quick enough. Maybe they should think about how they approach their tasks. Will getting there quicker, being the next in line, or digesting another unlimited portion of online content make their lives more enjoyable and happier?

Here is some of my art work for this subject:

**Another Day At The Office:** <http://timeforyourmind.com/davesArt/tfymArtIndex-39.htm>

**Need To Slow Down:** <http://timeforyourmind.com/davesArt/tfymArtIndex-114.htm>

**The I-Generation:** <http://timeforyourmind.com/davesArt/tfymArtIndex-108.htm>

**Remember To Rest:** <http://timeforyourmind.com/davesArt/tfymArtIndex-76.htm>