



## AUTUMN 2020

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A very happy, healthy 2020 to you all. Our Bureau of Meteorology has proved that our summers are getting longer with our winters in retreat. We've had it tough recently, having to cope with the trifecta of Drought, Bushfires and Coronavirus. They have all left their serious impact. It's good walking weather. Let's kick some leaves and "frolic in the Autumn mists."

### When is it OK to do nothing?

We are always doing 'something' in our crazily busy lifestyles. It reflects the jam-packed schedule of our daily social and business life. That 'something' usually means the busy productivity of some useful tasks.

Our brains need some downtime occasionally to take a break to re-charge its batteries..

I like the memorable song in an old Bing Crosby film that had the words ...:

"We're busy doin' nothin', Workin' the whole day through  
Tryin' to find lots of things not to do, We're busy goin' nowhere  
Isn't it just a crime, We'd like to be unhappy, but, We never do have the time."

Perhaps we can find the time and make a case for 'Doing Nothing'. It's said that doing nothing is very hard to achieve because you'll never know when you're finished. Have you ever been insanely busy? What were we busy about? Was your brain over-productive with too many thoughts and feelings? Maybe it's time to put away your mobile phone to twiddle your thumbs or perhaps watch paint dry, We maybe could be like a sloth.

You can re-learn how to 'Do Nothing' and do it really well.

When you take the time being idle and letting your mind wander, it will actually boost your creativity and it gives you brain time to breathe. This is a time where our unconscious has a chance to process everything and the time when new ideas can arise.

To find the time to Do Nothing, we could start by putting the word 'Nothing' on your daily 'To Do' list or perhaps adding the words to your page of appointments to 'Do Nothing.'

Others may find it difficult sometimes to understand you being 'Busy not being busy.' Doing Nothing can be likened in some ways to Meditation where you can sit and relax, focus on breathing and being aware of what is around you.

You could try to take the time to just 'Zone Out..' Maybe enjoy the pleasure to "Just Be." 'Doing Nothing' isn't really doing nothing but it is better than being 'Busy doing nothing.' My mother often used to remind me how that "I've been doing nothing all day."

When was the last time you spent a quiet moment just doing nothing, just sitting and looking at the sea, or watching the wind blowing the tree limbs, or waves rippling on a pond, a flickering candle or children playing in the park and to just reconnect with yourself?

Doing nothing is something. . .

Ian Shand SBA Newsletter Editor

