"ARE YOU CHOOSING THIS TIME, OR JUST PASSING IT?"

"CHOOSING" TIME

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Mindfully Aware

- Consciously choosing activities and engagement that aligns with your goals and objectives.
 - Example: Deciding to watch one documentary/show related to our interests.

Emotional State

- Acknowledge and process emotions, then mindfully choose digital activities that support well-being.
 - Example: Acknowledge what fuels feelings, reflect upon them, mindfully choose activities to enhance well-being.

Create Friction To Engagement

- Set time limits for digital activities, create friction to use.
 - Example: Synthesize and organize digital apps and activities into folders.

"PASSING" TIME

Cognitive Load & Decision Making

- When tired or stressed, the brain defaults to automatic thinking, favoring quick, effortless processing, leading to more possibility of passive consumption of seamlessly never ending digital content.
 - Examples: Autoplay/ Infinite scroll

Emotional Regulation & Avoidance

- Screens can offer instant escapism, potentially distracting emotions instead of processing them when used to avoid discomforting experiences.
 - Example: When feeling overwhelmed, one might scroll endlessly, dissociate, or avoid the problem altogether.

Attention & Time Perception

- Digital platforms can distort time while pulling attention, easily turning minutes into hours.
 - Example: Variable reward systems.

SHIFTING OUR PERSPECTIVE TOWARD "TIME"

- <u>T Treasured (Tender)</u>: Imagine viewing your time as a series of *tender* and *treasured* moments, each one holding value and significance. Instead of rushing through your day, you savor each experience, appreciating the small things and finding joy in the present.
- <u>I Interactions (Intimate)</u>: Time is often about connection. It's the *intimate* moments, the deep conversations, the shared laughter, that truly nourish our souls. How can we prioritize these connections and create more space for meaningful *interactions* with both self and others?
- <u>M Moments (Measurements)</u>: We often measure time in minutes and hours, but what if we *measured* it in *moments* of joy, of growth, of connection? What if we focused on the quality of our experiences rather than just the quantity of time?
- <u>E Exchange (Expression)</u>: Time is an *exchange* of energy, of effort, of ourselves. It's how we *express* our values, our passions, our love. Are we consciously choosing how we exchange our time, or are we letting it slip away on things that may not be serving our well-being?

HOW IS YOUR TIME BEING WELL-SPENT TODAY? Embrace a mindset where time transforms from a fleeting resource into a collection of treasured intimate moments of exchange and expression. Enriching your life with increased intentionality, connection, and joy.



Critically Thinking...

Take a moment to let that sink in. How does this new perspective on time resonate with you? How does it challenge your current way of thinking?

- Further reflect and consider:
- How would your life change if you truly viewed your time as T.I.M.E. treasured, intimate moments of exchange and expression freely given?
- What are the "time traps" in your life that prevent you from experiencing these moments? Are you constantly rushing? Are you overcommitted? Are you pulled by digital distractions?
- How can you intentionally create more space for "treasured moments" in your day? What activities bring you joy? What relationships nourish your soul?
- How can you measure your time in terms of meaningful experiences rather than just hours on the clock?