



FTPD-Issue 20

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Leadership has many challenges. Even when you have a great team and everyone is on the same page, people still look to the leader or want to hear from the leader. It is because of this that leaders are always busy; constantly on the go, solving problems, lending support, listening intently and constantly planning and strategizing, while looking to the future. This goes for all kinds of leaders – parents, teachers, community volunteers, church folk, company executives, etc. It is because of the constant work and activity, that it is essential that we all take time out to rest.

Vietnamese peace activist and Buddhist monk Thich Nhat Hanh said, "It's very important that we re-learn the art of resting and relaxing. Not only does it help prevent the onset of many illnesses that develop through chronic tension and worrying; it allows us to clear our minds, focus, and find creative solutions to problems." This quote covers in two sentences why rest is so important – healing/health and recharging. Stress and consistent wear and tear on our bodies takes a toll that sometimes only rest will fix. Rest also allows us to reset and recharge so that we can return to work and our regular routines invigorated with energy for new ventures. Remember that after creating the world, even God rested.

Taking breaks, no matter how hard it is for us, is essential for a well-balanced life. I encourage you to listen to your minds and bodies, and schedule time for vacations that involve rest and removal from your day-to-day routines. As there are so many travel concerns and new protocols to follow, a stay-cation is a

good alternative, if you can't get off the island. Get some good books, great snacks, a perfect playlist, silence your phones and take the break you deserve.

*Please continue to spread joy and send inspiring quotes or scriptures to presidentsoffice@ub.edu.bs.
Please stay safe and be encouraged.*

