

### ***Consider a Summer Reset***

“Rest is not idleness, and to lie sometimes on the grass on a summer day watching the clouds float across the sky, is hardly a waste of time.”

— John Lubbock

During the pandemic, we have all been on a heightened sense of alert. Stress and worry have been our constant companions. Now, that things are slowly getting back to normal, we have a great need to take a step back—to relax and unwind a little. This summer may present an opportunity to do just that.

In our culture of work and productivity, leisure time is often undervalued. We need to remind ourselves of the benefits of rest and relaxation. Besides the obvious pleasure that comes with “taking it easy,” there are deeper reasons for periodically disengaging from the hustle and bustle of life. We know that taking a break from day-to-day responsibilities helps to reduce stress and leads to improvements in our physical and emotional health. But, even more importantly, leisure time can contribute to a greater sense of spiritual well-being.

In today’s world, we always seem to be living life at high speed. Occasionally, we need to slow down and find time for contemplation and reflection. Summer invites us to live in the moment. It helps us to create space and time away from everyday distractions so that we can focus on some deeper aspects of life.

When we unclutter our minds, we are able to gain perspective. We make room for new thoughts and ideas. If we approach summer with joyful curiosity, it can lead to a profound sense of clarity. We work through new ways of looking at the world and reach new insights and understandings. You may discover something new and different about yourself and your world.

Maybe you will uncover the answer to a question that you have been grappling with for a long time. Perhaps, you will find that it is time to do something different with your life. Maybe you have been thinking about taking up a new hobby, or getting involved in a community service project. Maybe you are thinking about downsizing and simplifying your life. Maybe it is a move to a retirement community that could help you achieve all of those goals.

Wherever your summer daydreams take you, may you have the courage to follow.

*This article is a reprint of a blog posted by  
Robert Best, NHA MAPS  
Executive Director at Oak Hill Terrace*

---

*For 50 years, Laureate Group, a local, family owned business has been helping older adults and their families manage the challenges of aging. Laureate Group operates eight senior communities throughout the Greater Milwaukee area. Additional resources can be found at:*

*www.laureategroup.com/blog • www.laureategroup.com • Laureate Cares: 262-832-7113*

*Make Your Difference: www.laureategroup.com/careers*