

## Tony Thinking Aloud cxx

I want to think about some things from the past – yes, we have done quite a lot of this before – think and reflect.

A national newspaper called to mind old fashioned habits and asked should we bring them back! So, let's think about a few of them. Do we live life at such a pace that we are thinking about tomorrow before we have lived today properly?

Let's start at the beginning. Do we grab a piece of toast and a cup of coffee and that's breakfast. How many start the day with a bowl of porridge – oatmeal - you have the fibre, B vitamin, protein. Rhiannon Lambert, registered nutritionist and newspaper writer states – 'regular consumption is linked to gut and heart health and the prevention of cancers, diabetes and obesity'.

Remember the old TV Test Card, when it came on programmes were over and the set was switched off! Now we watch longer than necessary - it brings poor sleep; we do not relax before climbing the stairs.

Pausing and reflecting is important. Do we ever sit down to think what has happened during the day and write it down – a diary or a journal! Queen Victoria did this every day!

We spend time online, endless text messages back and forth all day – and then all over again keeping touch going round the supermarket. We are missing out on one to one real conversation. So much stronger and meaningful face to face.

This reflects in the pace folk do everything! It reflects in the neglect of actually cooking meals and the number of ready meals on the supermarket shelves.

Many things to think about ... slowdown and relax ... we will be surprised how this changes us and relationships. It is Bank Holiday Weekend (the last before

Christmas) it can be used to dash around, do extra things and be exhausted on Tuesday or it could be calm and relaxing so as to enjoy the free time.

I commend these thoughts from a National Newspaper (and a few from me) to us all.