



Bridgeway to Success™

June 2010

**EMBRACE THE
BASIC RHYTHM OF
“ON-AND-OFF”.**

The Value of Disconnecting in a Connected World

The temptation to stay continually connected is overwhelming. Not only do the hardware and networks (think SmartPhones and WiFi) enable it, but in many businesses there is simply an expectation of being immediately accessible. Not to mention that we are conditioned like Pavlov's dog to respond to every ringtone and text alert.

Yet there is a feeling among many that we are losing control. That we are out of control. That our waking lives consist of responding to tugs on our various electronic leashes. That we can't break free.

We can.

Human performance depends on the fundamental rhythm of “on-and-off.” Our waking performance deteriorates unless we have adequate sleep. Physical exercise leads to fatigue without sufficient recovery. Concentration drifts without regular breaks. And the quality of our connecting lessens if we don't periodically disconnect.

Punctuate your day with small pockets of time during which *you* choose to be in control. Power off the cell phone. Close down email. Turn off the iPod. Now slow your breathing, give thanks for what you have, and revel in a few minutes of still silence.

Ahhhhh.

Michael Canic