

CLEAR YOUR MIND

Remember this phrase: *Stop and smell the roses.* This is a phrase that evolved from “Don’t hurry. Don’t worry. And be sure to smell the flowers along the way.” Golfer Walter Hagen shared this sentiment in the 1960s within his autobiography *Sir Walter: Walter Hagen and the*



Invention of Professional Golf by Tom Clavin. Walter was a talented, successful, loved and respected individual who enjoyed his life and everyone in it. And that was back in the 1920s.

Fast forward to 2020: We live in a time where a small smartphone can deliver us a plethora of services. We share and receive communications, information, connections with people, stores, search engines, community organizations, entertainment and so much more.



You are so blessed to gain the opportunities to accomplish so much from such a clearly articulate and instant electronic device that brings the world together.

All of that interaction, however, can risk also building a sense of emotional overwhelm, anxiety, and angst.

Ever feel that way?

Feeling that now?



What and how you receive can feel depleting, discouraging and depressing.

How do you balance the technological, human connective, and task-achieving missions while managing the burdens that come with it?

Here's another way to remember why a phrase like that can help cleanse the mind. Try it out consistently and watch your days

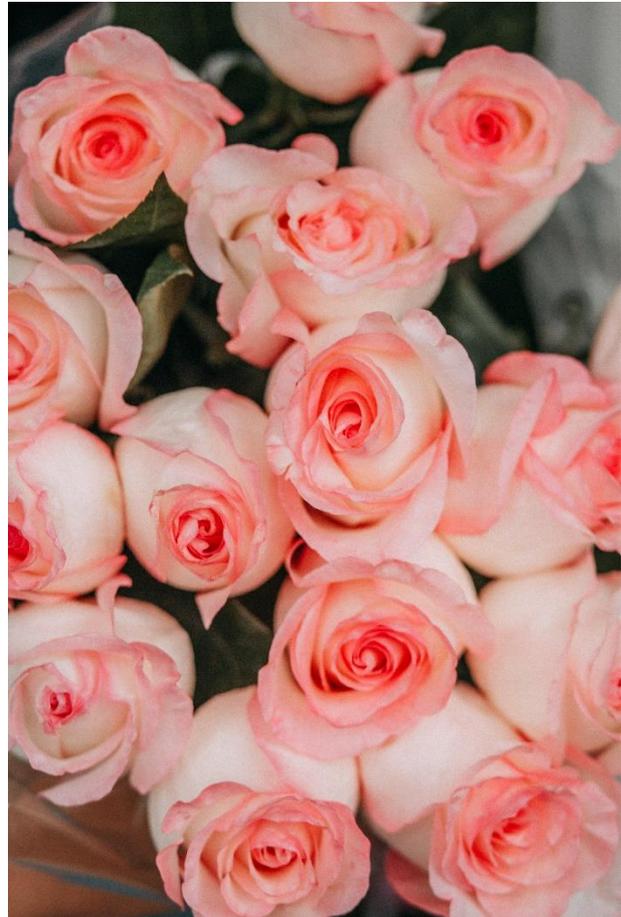
begin to feel better from the inside out.

Stop – The 1st word in the phrase, “Stop,” is one of the most simple actions, yet it feels so complicated to do for some. The word *stop* asks you to take a pause; to hang onto a moment; set it aside; hold please. And there are a variety of ways to give yourself that much-needed moment to disengage from all the energy you're pouring into everyone and everything around you. You've built some good habits, but you probably have a few bad habits tucked within your actions through the day, and that's ok. Just *stop* and take a breather – which leads us to the next part of that lovely phrase:

and smell – Smelling = breathing. A VITAL exercise that we learned from the moment we entered this world is ***breathing***. Take fully conscious, slow, deep breaths. Fill your lungs intentionally with calming power that cools down your thinking-and-feeling engines, and allow your senses to calmly rest easy. Keep your breaths intentional, controlled, managed and full.

Stop and smell...

the roses – Whether roses, or any type of fragrant flowers, the message is to breathe in the kind of air that influence good feelings. We've all either said or have heard someone say they're going to, "step outside to get some fresh air," haven't we? It's the same point. I kind of love the *smelling roses* choice for you, though, because roses are beautiful flowers that protect themselves with thorns. It serves as another metaphoric reminder to find appreciation and respect for the things that could damage you if you don't handle them correctly.



As simple of a task as stopping to smell the roses is, it's one of the most difficult because they've gotten overloaded with errands, tasks, expectations, and distractions that pull them away from living in the moment and managing their *emotional landscape*. This is a simple task, and one that we need to engage in more.

Start there, and write down how you feel after you commit to doing that daily. You'll start the process of amplifying your emotional intelligence, and feeling really good about it!

Would you like more tips and strategies? Find out what [your Emotional Intelligence score](#) is and I'll provide you more!