

Medical Minute



THE ART OF DOING NOTHING

We're basically raised to believe that *doing nothing* is a moral failure—like idleness is the gateway drug to becoming a couch cushion with a social security number. We're told time is money and hustle is holy. Doing nothing is shameful and we are uncomfortable with it, so we attach ourselves to our cell phones,

laptops, etc.

Meanwhile, our devices behave like overcaffeinated toddlers, hurling alerts, pings, emails, and notifications at us with the enthusiasm of someone who just discovered the “send” button. Every hour we're force-fed opinions, ideas, judgements, and at least one article insisting we're living our lives wrong. We're overstimulated, under-rested, and somehow still bored.

And the bill for all this? Not just lower productivity—our well-being quietly packs its bags and moves out.

The brain, God bless it, is not a machine that can run 24/7. It needs rest. It needs quiet. It needs a moment where it's not being asked to remember a password with three capital letters, two symbols, and the blood of a unicorn. Silence isn't empty; it's Golden. Silence is the spa day your neurons have been begging for. In those quiet moments, your brain finally gets to tidy up, file things away, restore, and stop screaming.

So put down your phone. Step away from the tablet. Turn off the TV. Sit there and do absolutely nothing—on purpose. Let silence be the fertile little garden where your sanity grows back.