

## DAYDREAMING

Daydreaming can be a voluntary entrance into the involuntary benefits of our nightly dream cycles.

The downtime in our workdays has continued to shrink over the years. In our current season of staff shortages and ever-changing guest expectations, we are consistently pulled into a new task immediately after the previous one. This rapid succession of seemingly never-ending responsibilities has robbed us of our mini respites throughout the day. We have convinced ourselves that we are only productive if we actively tackle the next objective.

Removing yourself mentally when you have been stuck on a problem provides the ability to approach the issue with a new perspective, often allowing you to see additional information around the problem that you had previously missed due to hyperfocus. The key is not focusing on the issue during this mini-mind hiatus but allowing your mind to wander freely. This allows your subconscious to reset and provide a new lens through which to view the problem.

One area where daydreaming differentiates from your nightly dream cycle is that it can be structured and not just happenstance. Structured daydreaming involves taking time to visualize your day, a meeting, or a task before it happens. Imagining how you will perform in these areas can pre-wire your brain for success. Constant structured daydreaming focused on those tasks that we encounter frequently can create an autopilot response each time we have to perform them, thus freeing up time and energy spent. Daydreaming about the larger picture provides opportunities to stay motivated and overcome near-sighted obstacles.

We have been conditioned to feel that a wandering mind is a feeble mind. I have often been called out for having my head in the clouds. Perspective is found in the shadows; our problems become smaller, even if just for a moment, and we can reset. It is OK to hit the reset button occasionally, reboot, and become more productive contrary to what we believe.

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