**Rest & Relaxation**

**He makes me lie down in green pastures;**

**he leads me beside still waters; he restores my soul.**

***(Psalm 23:2-3)***

**Return, O my soul, to your rest,**

**for the Lord has dealt bountifully with you.**

***(Psalm 116:7)***

**Come to me, all you that are weary and are carrying heavy burdens,**

**and I will give you rest.**

**Take my yoke upon you, and learn from me,**

**for I am gentle and meek in my heart,**

**You will find rest for your souls.**

***(St. Matthew 11:28-29)***

**New twist on a Spanish tradition: Argentina has found a relaxing way to reclaim its Spanish heritage: adopt the siesta, said Vanesa Listek. Our cultural ties to Spain and Italy already make us receptive to the "Mediterranean habit" of taking an afternoon nap "to counter the exhaustion, distraction, and irritability that peak around 2 p.m." A few years ago, Argentine firms began installing nap centers, or siestarios, in the office and encouraging workers to doze, and now such centers are "a feature of prestigious workplaces," such as Google's waterfront offices in Puerto Madero and parts of the University of Buenos Aires. Ironically, just as we rediscover the pleasure, Spain itself is moving away from the siesta. The government there says the two-hour break in the middle of the day means workers get home too late to enjoy a happy family life, and it is considering enforcing a 6 p.m. quitting time that would effectively kill off the midday snooze. Maybe that's why the Argentine siesta isn't meant to be deep slumber. In the new siestarios, workers are expected to doze for just 20 minutes or so and then get right back to the desk. "That's enough to recover attention and consolidate memory," says neurologist Pablo Lopez. It's not about quality of life, then -- it's "a way to boost the productivity of employees." *(The Week magazine, March 10, 2017)***

**From 1973 to 1987, Americans chipped their free time down by more than a third to 16.6 hours a week, according to a series of Louis Harris surveys. One mid-decade study even found that numerous respondents said they enjoyed work as much as they did recreation. *(Elizabeth Venant, in Contemporary, April 21, 1991)***

**The little girl says to the dog laying on the couch: "You'd better get off there before Mom turns you into a mashed potato!" *(Brad Anderson, in Marmaduke comic strip)***

**Never stand up when you can sit down. And never sit down when you can lie down. (*Winston Churchill*)**

**Fewer than one in 10 executives and employees achieves "complete relaxation" while on vacation, while 58 percent achieve no stress relief and 27 percent report feeling more stressed when vacations end than when they begin. *(CSMonitor.com, as it appeared in The Week magazine, June 7, 2013)***

**Resting the brain after a concussion – limiting reading, online activities, even homework – can result in quicker recovery, a new study says. In a study of 335 kids and young adults ages 8 to 23, those reporting the most mental activity took the longest to fully recover – 100 days on average. It took 20 to 50 days for patients reporting less cognitive activity, defined in the journal Pediatrics as “activities that require you to think harder than usual.” But “there’s no need to take cognitive rest to the extreme,” such as staying in a dark room, says study co-author William Meehan, director of the Micheli Center for Sports Injury Prevention in Waltham, Mass. Those doing mild cognitive activity did about as well as those with minimal levels. Between 1.7 million and 3 million sports-related concussions occur every year, and half go undetected, says the University of Pittsburgh Medical Center Sports Medicine Concussion Program. *(Michelle Healy, in USA Weekend, January 24, 2014)***

**Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer, since to remain constantly at work will cause you to lose power of judgment . . . go some distance away, because then the work appears smaller, and more of it can be taken in at a glance, and a lack of harmony or proportion is more readily seen. *(Leonardo da Vinci)***

**A day off is usually followed by an off day. *(Anonymous)***

**What we do during our working hours determines what we have; what we do during our leisure hours determines what we are. *(George Eastman, philanthropist)***

**Take rest; a field that has rested gives a bountiful crop. *(Ovid, Roman poet)***

**I am against all hobbies. I have been against them ever since I figured out that nothing I ever do is considered a hobby. All my life I have had to fill out forms that ask about hobbies. I always wanted to write down "reading," but reading is not a hobby. If you collect books, that is a hobby. If you actually read them, it is not. If you happen to watch a butterfly in a field, that is not a hobby. If you put a pin through its little heart, that is a hobby. *(Richard Cohen, in Washington Post)***

**Insanity is my only means of relaxation. *(Rocky Mountain News)***

**The average American man has about a half hour more of leisure time a day -- about five and a half hours -- than the average woman, according to new government data. Women spend more time on household chores, child care, and "personal care," such as putting on makeup. *(The Atlantic.com, as it appeared in The Week magazine, January 18, 2019)***

**Good week for: The good olde days, after a Boston University study found that medieval peasants in 13th-century Europe typically took 150 days off from work per year to celebrate holidays and other festivals. In 2015, the average American had just 16.2 vacation days. *(The Week magazine, November 18, 2016)***

**President Trump continues to devote large blocks of his schedule to "executive time" -- unstructured periods the president typically uses to send tweets, call friends, and watch cable television. In a recent week in October, his schedule was empty every day until 11 a.m., and on Tuesday of that week, Trump had nine hours of executive time and three hours for official duties. (*Politico.com, as it appeared in The Week magazine, November 9, 2018)***

**The real problem of leisure time is how to keep others from using yours. *(Arthur Lacey, in National Enquirer)***

**Grandpa: “I thought you were going shopping.” Grandma: “I just don’t have the energy today. I guess that’s why they call these the declining years.” Grandpa: “I prefer to think of them as the reclining years.” *(Brian Crane, in Pickles comic strip)***

**Never underestimate the recuperative powers of a nap! John D. Rockefeller lived to be ninety-eight. He attributed his longevity, in part, to taking a half-hour nap at noon every day. Connie Mack, another giant who lived to a ripe old age, always napped before a ball game. Edison attributed his enormous energy to the catnaps he took frequently throughout the day. Henry Ford, who lived to eighty-four, was asked late in life how he got so much done. Said Ford: “I never stand up when I can sit down; and I never sit down when I can lie down.” *(Bits & Pieces)***

**If you don't have a weekend to spare once a year to think exclusively about the things that really matter -- well, then you haven't planned your life correctly. (*Antonin Scalia, Supreme court justice)***

**Man: “Thursdays are too far from the start of the week, and not close enough to the end. Thursdays just lie there. I should have named you ‘Thursday.’” Garfield: “That’s ‘Mr.’ Thursday to you.” *(Jim Davis, in Garfield comic strip)***

**The time to relax is when you don’t have time for it. *(Sydney J. Harris, Field Newspaper Syndicate)***

**Frank says to a man sitting on a park bench: ""Unemployed"? Oh, no, sir. We're just taking a time-out in the game of life! *(Bob Thaves, in Frank & Ernest comic strip)***

**Almost everything will work again if you unplug it for a few minutes, including you. *(Anne Lamont, author)***

**The way we live today requires that we get away from the way we live today. *(Joan French)***

**You never know what makes some people tick until they begin to unwind. *(Changing Times, The Kiplinger Magazine)***

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