

March 2020

OWL Café

Optimism,
Wisdom,
and **L**aughter

usOWLS.com

Project of [Michele Jackman Enterprises](#)
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The café is open to share inspiring stories, catch a healthy laugh, or experience an insight that helps you cope with things not going so well.



This issue is about various facets of Longevity

**THERE ARE FRESH CHOICES:
ANTICIPATE THAT FORK IN THE ROAD AND STEER CLEAR**

Section I. LONGEVITY IS A REALITY NOT A ROADBLOCK!
It is based on new attitudes: "Do what's right with what's left!"
This includes your decisions to be more optimistic,
act wiser, and accomplish things with a laugh or aha! Done.

When you search for sites that share thinking about **LONGEVITY**, they are usually physical, about using nutritional solutions, or taking more “supplements” or using creams. Some are selling expensive programs for De-aging therapy as well.

OWLS BELIEVE LONGEVITY IS REALLY ABOUT **ENDURANCE**! The road of life is not *a dead end*; it is more and more short-cuts ahead to explore without fear “forks” in the road, and difficult choices we have to make. We are wiser now. We have survived the usual ruts, potholes, speed bumps, and maybe even a sink hole or two, all metaphors for things we overcame.

Put very simply, LONGEVITY is the “power to last” says a successful “welding company.” Consider our many life “welds” that have sustained us – our values, love of life, experiences, and others who hold us together when we think we will crack or shatter. Sometimes it takes re-weld to hold our lives together and the welder has to be you.

Good examples of *welds* that promote longevity, emotional fortitude and endurance:

1. No longer worrying about the approval of others—we remain free to choose a quality of life.
2. NO time to think you don’t know enough to proceed with a deferred dream; we keep proceeding!
3. LESS reaction to the younger bunch who try to describe you as an “ending” to their story, and who ignore there is a *sequel in progress*.



Section II. LONGEVITY ALSO CAN MEAN REDUCING “COGNITIVE LABOR MINUTES”

I call them “Time Robbers” and we don’t really assess the time they steal. Invest time to investigate how to get some precious time back. This is a *leap year* and at least we get one day back to program a *good time* day!

On a recent flight to Texas, I read an article in *Psychology Today* on “Invisible cognitive labor costs,” time spent on the increasing “administrative” tasks in our life, and all lost minutes they steal. Just flying to get somewhere really adds time costs as well – check-in, lines, transfers, waiting for luggage. It adds hours to actual flight time.

There is a new way to describe this less visible unconscious and stressful loss of time. It is called "the cognitive labor costs" caused by the ADMINISTRATIVE tasks which steal us away from what we love and want to do that day or think we can do. It is a conspiracy of "have to do" tasks that now take up our waking/working moments. In my work, I refer to this as "non-productive" time. Happens, but produces no joy.

WHAT'S THE COST? To beat this clock, we need to rewire our rituals and routines. We have to figure out ways to stop this less conscious loss of minutes, hours, days with "hindsight," then create a better approach. Imagine if you only lose 6 minutes a day (of 960 after sleeping). That is still 42 minutes times 52 weeks = 2,184 minutes a year or 36.4 hours year. The truth is these 6 minutes could be lost several times a day in various frustrating moments, sometimes costing you a half a day. No wonder you feel upset or exhausted at the end of the day.

Life has just become ADMINISTRATION of life and not living it.

Partial list:

1. Looking for something, a paper, or object with a frustrated sigh. Organize.
2. Computer downtime or password adventures. Get help or knowledge.
3. Being stuck in traffic or gridlock, choose a different time, or route.
4. Rushing and spilling something you have to now clean up!
5. Filling out forms about things that did not work and getting a refund.
6. Once you know what this is doing to your emotional fortitude—you must reconcile it with what you want to do each day—accept it, remedy it with a minor time-saving approach. More important, you must face it with a positive attitude and emotion, enjoying getting it off your plate with a Whoopee!
7. **Start adding up minutes saved and celebrate what they could have cost you.**



Section III. LONGEVITY MEANS TIME IN A GARDEN OR OUTDOORS

IN MARCH, THE "WINTER OF ANY DISCONTENT" AND BEING COOPED UP LIKE PIGEONS IS OVER.

**Create one or find one at least once a week
according to international research.**

Put the "grim reaper" to work in your garden pulling weeds instead of stealing you away mentally in your thinking about time left in life.

Recent international research from the Netherlands, verified that those early **MUD PIES** we made as children, with hands and dirt are part of the chemistry for mental and visual stimulation, and counter stress hormones like cortisol and roadblock serious illnesses. It stimulates positive attitudes, energy, breathing and our vitality overall. We also know mud baths work, now we know why.



Invest time growing succulents like Aloe for wounds, flowers for *eye candy*, food for health, and play in the mud with kids or with friends, if you can. This is the best way to grandparent, which both stimulates all sorts of positive *neurological* juices meant to counter the growing list of "stressors" in the environment that lead to serious disease.



Section IV FINALLY, LONGEVITY MEANS MORE "MINDSIGHT" AT WORK WHEN HINDSIGHT TRIES TO DERAIL YOU

Longevity means being optimistic with a glass half full and more to fill it with, the wisdom gained from the "successful" failures we had to endure. We Learned new and fulfilling things with our spirit protected, with emotions in our control, leveraging physical abilities in realistic ways, and making social connections that support a positive view for the detours ahead and fresh ways to handle them.

MINDSIGHT IS...a clear vision of what you see ahead and where you make up your mind to be true to yourself *once and for all*. Coined by Dr. Daniel Siegal, this is not something new as a concept but results from years of

research and the emerging support from technology on complex *brain/body harmony* and newer concepts of “plasticity” for rewiring and healing.

No time for all projects? A good sign if you have planned lots of creative things in your remaining life story, like writing memoirs, genealogy, redecorating for more safety, decluttering, and all sorts of activities that reaffirm our life’s great fun in any last decades.



Let’s March toward more “time of our life” activities in March not less!



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