

Laziness Can be Good for You

Lots of people associate summer with kicking back and relaxing: finally making the time for baseball, watermelon and the beach.

Sometimes though, even in summer, it may be surprisingly difficult to find the time. Alternatively, we find the time and try to fill it with so many fun things that we still find ourselves rushing from one thing to another. Unfortunately, all that rushing may counteract one of the most important benefits of a relaxing summer: giving your body time to heal.

Maybe you have heard about the “fight or flight” response. You are ready for action, ready to solve problems, ready to make quick choices, ready to defend yourself or to get out. You can feel your heart pumping; your muscles tense, you don’t notice if you are hungry, you are far from sleep.

This is the action of the symmetry division of your autonomic nervous system or ANS. The ANS controls the functions of your organs, the flow of your blood and lymph and your endocrine system.

There is another division of your ANS called the parasympathetic system and it is responsible for the “rest and digest” response, which fewer people have heard of. Simply put, you are not ready. Your body is doing all the things it can’t do when the sympathetic system is activated. You can eat, you can sleep, you can meditate and daydream and you can heal.

There is a much softer feeling when the parasympathetic system is activated. You just can’t act quickly, and because the divisions of the ANS work against each other, your body has to respond to one division or the other. So the next time you are tempted to put off the lazy summer fun, just tell yourself that it’s for your own good.

Susan Hirshberg
Heart of the Tree Reiki and CranioSacral Therapy
Here and There Marketing 2011