

## The Lie We Tell When We Say We're Busy

Somewhere in the past few years, 'busy' quietly became everyone's favorite answer. How are you? Busy. What are you working on? Busy. It sounds harmless, but underneath, it feels like a password we all use to prove we're doing enough. It keeps us from admitting that sometimes, we're not sure what we're actually chasing.

There is something odd in how easy we conflate motion with meaning. We fill our calendars to the brim, respond to every text, stay awake until late at night 'catching up,' and wake up exhausted and already behind. Days begin melting away because even when you are moving a lot, it's like you are on a treadmill that keeps speeding up. One day, you won't even remember why you got on the treadmill in the first place.

Stillness has become a skill most people have unplugged from. We reach for our phones at stop lights, and we are scrolling through our thoughts as if they were notifications we could swipe away. Real rest shouldn't be about sleep or vacation; it's that space where nothing is expected of you. Ten minutes where you aren't checking, clicking refresh, or explaining yourself to anyone. Just breathing in a way that does not feel like you are racing from one notification to the next.

When you slow down, even a little, you start to notice small things again: how the sunlight moves on the wall, how, after sitting in silence for 5 minutes, your brain starts to feel quieter, how one deep breath feels like a reset button. These may not look like achievements, but they are what prevent you from running out of gas on your life.

People say the world moves too fast, but maybe it's not the world, but us, afraid of what happens when it gets quiet. Because quiet makes space, and space makes questions. What do I actually want? What am I avoiding? What would happen if I stopped pretending to be okay with this pace?

Taking a pause doesn't mean giving up. It means coming back to yourself before you forget who that is. The world will keep spinning without your constant effort to keep it turning. You just have to give it permission to.