



The Ontario Deputy Judges Association
Association Des Juges Suppléants d'Ontario

Wellness and Mental Health Committee Message

August 8, 2023

Hello everyone,

I hope you are all enjoying the summer.

This month I wanted to focus on doing NOTHING.

Sounds strange when we put this in writing since how could one do nothing.

Doing is an action and most people believe that one cannot DO nothing.

Other than discussing going into the history of the English language and the fact that this is the actual phraseology that we use, I would like to invite you all to look a little deeper.

Perhaps the way these two words are juxtaposed, is not really an oxymoron.

There are many teachings in Yoga and Tai Chi that focus on exactly this dichotomy. Doing nothing is actually doing something.

When a person sits in meditation, takes a nap, walks in nature, sits quietly in nature, the body and mind are able to recharge and recover.

The body and mind in those moments are actually DOING something. By NOT DOING ANYTHING, the mind/body are relaxing and recharging, which allows healing and recovery to take place.

What many do not realize is that illness is the body's way of saying "I need a break." When we don't listen to our aching muscles, agitation, sadness, inability to sleep, anxiety, or any other physical/mental symptom, the body/mind will force us to finally take a break. It usually comes in the form of physical or mental health illness, which forces the person to actually DO NOTHING.

So, I invite you all for this month, to allow yourselves to just DO NOTHING. The key is to do this without guilt or perception of laziness. I know your mind will always find something that you need to do, but it's up to you to say to yourselves: I am doing this for my health and I deserve it. Start with 10 minutes per day and work up from there.

You can also do 10 minutes two or three times per day with designated times which are part of your calendar. You can set a gentle alarm to indicate when the 10 minutes are up. Whatever works for you, but make that appointment with yourself. You not only deserve it, but you have definitely earned it.

It may take a while to get used to doing this form of recharge, but once you get the hang of it, you will see the great benefits it has to offer.

Here is to DOING NOTHING and loving it.