



Why do we need to pause....

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Life of an academician

The life of an academician can be quite busy, as we often have a variety of responsibilities and commitments to manage. These can include fulfilling various key performance indexes (KPIs) in teaching, research, serving on committees, grant writing and networking among others. Despite how busy we are, there is a need to take a pause in this rigmarole.

The reasons to pause

Pausing is necessary for a number of reasons. First, it allows us to take a break and rest, which is critical for our physical and mental health. When we pause, we allow ourselves time to recharge and restore our energy levels, which can help us return to our duties feeling more rejuvenated and focused.

Second, taking a momentary break from what we are doing allows us to take stock of our actions and engage in more in-depth contemplation of them. We are able to obtain a new perspective on our tasks and find areas in which we can improve or make adjustments if we take a step back and look at the wider picture.

Finally, stopping can prevent burnout and alleviate stress. When we consistently exert ourselves without taking pauses, we might get overwhelmed and weary, which can lead to physical and psychological issues.



Ways to pause

There are many ways to pause and take a break, depending on one's preferences and circumstances. Getting up from your desk and taking a short stroll can be an excellent way to clear your head and get some fresh air. Spending a few minutes meditating, doing deep breathing techniques or engaging in the act of 'nothingness' can help decrease tension and promote relaxation. Listening to soothing music can help you relax and regain concentration. A brief sleep may be an excellent method to rejuvenate and increase your energy levels. Participating in a hobby or activity you like, such as painting, reading, or gardening, can help you disconnect from work and



reenergise. Spending time with loved ones is a wonderful opportunity to take a break and interact with others. Concentrating on the present moment and being conscious of your thoughts and emotions might help you relax and reduce stress.

Under trees, the urban dweller might restore his troubled soul and find the blessing of a creative pause.

Walter Gropius

How Muslims Pause

Muslims pause throughout the day for prayer, which is an important part of their daily routine. Muslims are required to pray five times a day, which involves stopping whatever they are doing and performing a specific set of prayers. The prayer serves as a spiritual pause and a way to connect with Allah. Fasting in the month of Ramadan is also a form of pause where Muslims abstain from food and drink from sunrise to sunset. Other teachings of Islam that promote pause include controlling oneself from anger or engaging in haram (forbidden or proscribed by Islamic law) activities. These are some ways that Muslims pause and connect with their faith throughout the day and year.

Conclusion

Overall, pausing is an important part of maintaining our physical and mental health and can help us be more productive and effective in our work. As academics, allowing ourselves, our students and our peers to pause too, would help them tremendously.

