

# Feeling rushed?

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Whenever I ask audiences how many feel rushed, an overwhelming number of hands dart up — except when I ask students near the end of a yoga class.

A few years ago, a survey found that about a quarter of all adults *always* feel rushed. This was significantly true for women, and especially for mothers and women in the workforce, and of course, even more so for working moms.

This is not pretty for anyone — man or woman. When we feel rushed, we tense up, our hearts work harder, our blood pressure rises and so does our anxiety level. If we always feel rushed, the sustained stress depletes our energy reserve and weakens our physical and mental health.

Not surprisingly, in that same survey, people who always feel rushed reported that they experience less satisfaction with many aspects of life, even with their free time!

Think about it: Have you ever felt tremendous love, joy, or peace when you felt rushed? How often have you received a great insight or creative idea when you felt rushed? When driving your car in a rush, were you able to enjoy the ride, the scenery, and all? Most likely, it was quite the opposite. When we feel rushed, the fight-and-flight response takes over. The part of our brain that we share with reptiles supersedes the part that has helped us become human and humane. For example, we are more likely to snap at others; we are less likely to listen lovingly to others, cooperate with them, or lend a hand. All our best qualities take the back seat to self-defense and the survival instinct.

But then, there is yoga. Think about that! Perhaps you remember coming to class from that rushed state. If you are relatively new to yoga, you probably thought you were never going to be able to leave that state behind. If you have become familiar with yoga, you probably thought otherwise: you **know** the magic happens every time. Whether new or experienced, by the time you melt into the second *shavasana* near the end of class, you are back in the groove.

You are back to your true nature: you are love; you are peace; you are bliss. You have boundless energy and creativity. You know again that life is good.

“Slow down, you move too fast,  
you’ve got to make the morning last...

Life I love you, all is groovy,”

Thanks to yoga, I feel like a **ruby** 😊