



## daily GOOD

Be happy for this moment. This moment is your life. --Omar Khayyam

### **Niksen: The Dutch Art of Purposefully Doing Nothing**

In an increasingly busy world, the Dutch have mastered the art of *niksen* - purposefully doing nothing. This powerful practice counteracts anxiety and bolsters creativity and productivity. Instead of always focusing on efficiency, practicing *niksen* by setting aside specific time for purposeless relaxation, such as sitting in a caf simply savoring your coffee and daydreaming, can be incredibly restorative. Similar to the happiness-boosting habits found in 'blue zones' around the world, *niksen* is not about being lazy, but resetting and rewiring the brain away from constant stress. As health journalist and nurse Elisabeth Almekinder puts it, "Allow your mind to wander aimlessly, and let yourself simply, 'Be.'"

### **Be The Change:**

Practice presence and see what arises.