《偶尔也要“零任务”放松一下》

“我一个人当三个人用”、“真希望我有三头六臂”、“我已经没有手了”……平时的工作和生活中，很多人都处于这样的多任务（multi-tasking）状态。忙得不可开交，忙得焦头烂额。其实，我们不用时刻争分夺秒，偶尔可以暂停一下，享受零任务的状态。

Zero-tasking means being, not doing. It means taking 60 minutes and just doing nothing. Simply rest, relax, de-stress and de-load (the opposite of overload). It means just breathing—in and out, over and over—and marveling at the fact that you can breathe, that you are alive, that you are here.

??????????????????60??

It means taking the time to look around and see the real world, not the world that you wish it was or the world that you want it to be, but the world that exists today.

??

People are all multi-tasking, they are running out of time, they want to achieve more, they don't have time to rest. But sometimes, they just feel lost, not knowing what to do next.

??

"Zero-Tasking Day" was invented by the writer Nancy Christie in 2006 and celebrated on the day when Daylight Savings Time ends and people turn the clocks back an hour. People are supposed to use the extra hour not to perform more chores or check more feeds or see more people, but instead to relax and simply do nothing. This 60-minute zero-tasking could be inspiring and help people work with more efficiency and be happier afterwards.

??Nancy Christie?2006????“????”??
??????????????????60??

简答网 —jiandongshicai.cn—