

# New Quarterly Question

We Thousanders have very busy minds. It's been said that, at our level of functioning, we tend to think more intensely and thoroughly about everything. Our minds run through multiple possible outcomes and "what-if" scenarios for each problem we face. As a result, we often worry much more than most people do, as we can clearly envision future troubles that others don't appear to give any thought to. It seems that our brains are operating on overdrive much of the time! But, just as our bodies must rest from physical exertion, our brains need a break from mental stresses. So, how do you relax and unwind from the stresses that entangle and ensnare your mind? Maybe taking a walk in nature brings you that needed peace. Perhaps getting lost in a new novel helps you to feel mentally rested. Or maybe, for you, it's doing puzzles, snuggling the dog, spending time with family, or meditating that refreshes your overworked mind. Whatever it is, share your keys to restoring peace and calm in your busy brain. Some of your fellow Thousanders may benefit from your response!



*(Illustration by Nicole Kendrick)*

## How do you relax and unwind from the stresses that entangle and ensnare your mind?

Email your serious, creative, humorous, inspiring, thought-provoking, or other answers to [editor@thousanders.com](mailto:editor@thousanders.com) by May 31, 2019. Select answers will be published in our next *Telicom* issue, along with a new Quarterly Question. [Ω](#)