

# Give yourself permission



## DISHPAN HANDS

SHEILA QUINN

Quick! Movie trivial Who said:

**Q** POOF! WHAT DO YOU NEED? POOF!  
WHAT DO YOU NEED? POOF! WHAT DO  
YOU NEED?

If you recognize that quote, chances are you were watching kids' movies in the mid-1990s, and know that the Genie,

voiced by none other than Robin Williams, uttered that phrase.

Which brings me to DH for this week. We've just emerged from the mad, mad, world of the holidays, and it's like we've been through the ringer. There was a lot of talk of what people WANT. We had our lists and checked them twice. Now, at the end of January, we find ourselves faced with a new list, and it is probably a little more geared to what we NEED. (Clue: We have no money left for what we want! We are forced to think of what we need now! Ha!)

The resolution revolution is probably over for many. After a few weeks of valiant effort, it comes to light that needing and wanting can be as definite and evident as can be...it's still danged tough to follow through on some things we commit ourselves to.

Often, it seems like what we perceive as our wants and needs hover around on the surface of a whole lot of other stuff. Now, what the heck is it that we really need?

Sometimes we know. Sometimes we avoid it. Sometimes it's pointed out for you, and you don't really want to see it. Sometimes you know exactly what it is, but don't know how to acquire it. Sometimes we learn to compensate, do without or be innovative.

Sometimes I guess it's like we're surrounded by layers. Not just a way of coping with Canadian winter, they're layers of life that we cope with. There's the surface layer of what we see, do, say, perceive, and when you delve a little deeper, those layers of connections, history, relationships, and the many hats many of us wear, among each and every person's own personal layers, particular to their life situation.

I guess that's why this time of year many of us find ourselves planning mid-winter vacations, via the Great March Break et al. We're at a point where our bodies and minds are saying, "Hey there Rockstar, you HAVE to stop and

smell the roses, or we quit!"

That might explain the great flu bugs and colds running rampant. We're not just sharing a lot, we're run down.

What are these cycles, routines, and rituals we become ensconced in? Do we really have to be part of the rat race? We're pretty sure we don't need it, we're relatively aware we don't want it...so who does?

Sure, it's trendy to talk about looking after ourselves, and apparently it generates quite the money too - there are books, diets, personal trainers, reality shows, and all manner of other gear in the guise of self-help. I think we're just worried that if we really stop and listen to ourselves, we'll fall asleep.

So, what if we make time to stop and listen? Not when the day is done, and

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we've collapsed in a heap - because then you KNOW you're going to fall asleep, and you're going to want and need it.

I guess it's about a personal permission slip (go ahead and forge your own signature), to make a list (or twenty), to take yourself out for a coffee, to really stop and think, not about what everyone is telling you to want and need, but really what YOU think.

It's not about being resolute. Maybe it's more about being "revolute." Not that pretty a word, and one I realize I probably just made up - but just maybe, the next big direction can be not just a defined movement or trend, but rather that we all determine the ways we need to go.

Don't wait for the Genie to pop out of a bottle. Write yourself a permission slip, make yourself a priority, and maybe really thinking about what you need will surprise you.

Don't miss DH Radio tonight, 9:00 - 11:00 on CJMQ 88.9 FM, when Sheila Q interviews Michael Ridley, Chief Information Officer of Guelph University, on the new ways information is circulating in the 21st century. Mr. Ridley will be presenting at the Living Libraries exhibition at the Foreman Art Gallery at Bishop's University.