



Don't Sweat the Small Stuff

By Katherine M. Sprague, Psy.D.

Last May my husband and I experienced the birth of our first child, Sloan Ann. Needless to say, life has changed a lot over the past six months! Aside from experiencing feelings of unconditional love and vulnerability and witnessing firsthand the innocence of a child, I have found myself sleep deprived and feeling overwhelmed, which I heard is pretty typical. On one particular morning when Sloan was about one and a half months old, I remember walking downstairs with her and running my to-do list through my head. As anxiety started to creep up, I felt a twinge of sadness because I had a fleeting thought of how my preoccupation with my to-do list was taking me away from enjoying precious moments with Sloan. In that brief moment I had a decision to make: To-Do or Not To-Do. I chose Not To-Do and walked outside with my baby girl and sat with her for over an hour on our front porch.

I watched how Sloan was mesmerized by the big green leaves on our tree in the front yard as they flickered in the sun and her sweet reaction as a light breeze blew across her face. She was experiencing many things in our world for the first time. As she and I sat taking in the scenery I remember thinking how I didn't want to let moments like this get away from me and how I would need to keep making a conscious effort to not sweat the small stuff like laundry, emails, dishes, etc. What small stuff or perceived big stuff are you allowing to get in the way of what truly matters to you?

One of the many lessons I have learned over the past six months is that I must let some things go so I don't regret moments lost. Are there moments that got away from you because of your preoccupation with your to-do list(s)? Consciously choosing to push back against your preoccupation and letting go of what truly is small stuff can help us all to live in the moment and have no regrets.

It is hard for me to believe that as I write this article Sloan is already six months old. She will soon be one and before we know it she will be driving, off to college and ready to start her own family. I'm excited for those moments to come but I am excited for the day to day moments now and plan to take full advantage of them even if my to-do's get neglected.