

Let's Take a Moment of Silence



We live in a loud, overstimulating world, filled with overhead music, honking car horns, roaring planes, and devices that provide us with an endless amount of noise. While most of these instances can be difficult to avoid, the simplest remedy for constant, hectic sounds is silence. We as people have learned to fill the void with whatever we can to eliminate that “dead space”. However, having a quiet time will allow you to unwind, destress, and connect with yourself after a busy day. It also gives you the opportunity to take a moment of mindfulness to meditate or pray and create a calm, positive mindset.

Taking a few moments of silence each day can be a powerful way to reduce stress and find calm. Research shows that just two minutes of silence can activate

the parasympathetic nervous system, which slows your heart rate and lowers cortisol levels—the hormone linked to stress. Stepping away from noise and distractions allows your mind to reset, helping you feel more centered, focused, and at peace. Even brief pauses of quiet can create a ripple effect of relaxation that carries through the rest of your day.

Creativity is a vital part of life, and silence plays an essential role in nurturing it. In quiet environments, the brain engages in what scientists call "default mode network" activity, a state linked to daydreaming, memory recall, and imaginative thinking—key ingredients for problem-solving and generating new ideas. Try scheduling 30-minute blocks of silence during your workday. No distraction, just uninterrupted time for your mind to wander and spark fresh insights.

Want to learn more about how to properly have mindfulness and meditation? Join us for Dr. Sydney's **Meditation and Prayer** on **October 13th at 5:45 PM** to learn how to gently quiet the mind through breathwork, center your thoughts with intention, and finish with guided prayer or reflection to lock in peace and clarity. We hope to see you there!

Source:

Whisper Room: *7 Benefits of Silence: Why We Need Less Noise*. (2020)

<https://www.whisperroom.com/blog/7-benefits-of-silence-why-we-need-less-noise#6-silence-increases-patience-and-mindfulness>