**Take Notice**

24 hour news. Text alerts. Social media notifications. Information overload.

What should I be taking notice of? Especially in the current situation.

I’m taking more notice of the things around me that I’ve potentially either taken for granted or just not noticed at all.

The colour of the sky first thing in the morning on a beautiful sunny day.

The smell of my first morning coffee brewing on the stove.

The anticipation I feel putting on my running shoes on prior to leaving the house.

How pleased my dogs are to see me on a morning.

The absolute pleasure my taste buds and stomach feel when eating a homemade curry.

The sense of community and gratitude on a Thursday evening at 20.00.

The coming together of people from different places on Zoom.

The simple pleasure of looking through old photos. So much better than digital.

The sense of satisfaction (mixed with disappointment) at finishing a good book.

The fact that I’m not good at art but wish I was.

The way a massive smile erupts on my face when hearing my kids laughing.

I’m taking notice of my ‘inner voice’ that says I need some time out. Some time to recharge, re-set and refocus.

I’m also taking notice of the news, but have become more and more selective of when and where I am accessing it. I’m not letting 24 hour text alert notifications spoil my new, more appreciative view of the world around me.