

# Simple & Deep

TIP

Just now

Silence is a friend.



BY WYSTERIA EDWARDS BA, ED.M





I am grateful for

By: Wysteria Edwards BA, Ed.M

Are you comfortable with silence? While accepting a lifetime achievement Emmy in 1997, Fred Rogers did the unthinkable; he ushered in silence! "Would you just take, along with me, 10 seconds to think of the people who have helped you become who you are? Those who have cared about you and wanted what was best for you in life. I'll watch the time." At first, there were chuckles, and people were uncomfortable. Why? Because silence feels vulnerable to us. Where could we embrace more silent reflection in our lives?

We are teaching our children and ourselves that silence is not the norm. While speaking with Charlie Rose in 1994, Rogers said, "I'm very concerned that our society is much more interested in information than wonder, in noise rather than silence...Real revelation comes through silence." We still learn from Fred Rogers' use of silence in the Neighborhood. Through his deliberate pauses, viewers received the gift of time to think and ponder new ideas. It's about intentionally stopping to wonder, synthesize, predict, reset, and rest.



**WHAT CAN WE DO TO INCREASE SILENT REFLECTION?**



## Take 1% longer

Before rushing on to the next thing, take a moment to reflect on what just happened. After Yo-Yo Ma performed on the Neighborhood, Mister Rogers said, "Let's take a moment and think about what we just experienced."

## Breathe

Our breath connects us to the present moment. Take a deep breath, hold it for 2, and then sigh it out with an "ah." Do this 3-5 times. Close your eyes, allowing your breath to regulate. Be grateful for being alive and well.

## Pray or Meditate

Give yourself the gift of time by slowing down to reflect, ponder, pray or meditate. It lowers anxiety, builds resilience, and opens us up to new growth possibilities.

## Turn Off Devices

We all love our smart devices, but they are noisy and distracting. Set apps to turn off at certain times, limit your use, or HIT THE OFF BUTTON.

## Get Away

Schedule time away for a night or two: hike, walk, sleep, read, rest. To be alone may take practice. Give yourself grace and kindness as you build up a tolerance.



**"SILENCE IS SO  
POWERFUL, SO  
IMPORTANT.**

**THERE IS SO MUCH  
TO BE LEARNED  
FROM IT."**

FRED ROGERS





*You matter  
to me!*

I'd love to hear from you!

Feel free to contact me at:

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*Come and  
Listen!*

