

Title:

Action Vs. Inaction

Word Count:

310

Summary:

Spring is a great antidote to long cold winters. It's the same with action and inaction. Action is a powerful antidote to the stagnation of inactivity. Being creatively alive involves abandoning a position of inaction in circumstances which have traditionally immobilized you. The name of the game is action. Doing. Overcoming your inertia and acting will give you a whole new lease on being creatively alive.

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Keywords:

action,inaction,creatively alive,overcome inertia,antidote to depression

Article Body:

Spring is a great antidote to long cold winters. It's the same with action and inaction. Action is a powerful antidote to the stagnation of inactivity. Being creatively alive involves abandoning a position of inaction in circumstances which have traditionally immobilized you. The name of the game is action. Doing. Overcoming your inertia and acting will give you a whole new lease on being creatively alive.

Action is the single most effective antidote to depression, anxiety, stress, fear, worry, guilt, and of course, immobility. It is virtually impossible to be depressed and active at the same time. Even if you wanted to, it is difficult to keep on moping, complaining, lolling around and wallowing in self-pity if you get active and do something. Anything! Just doing is such an important part of being a fully functioning person.

In fact, that lack of action is not a result of depression; it is the cause. Don't be paralyzed by the fear of making a mistake. Taking action, gives you momentum. Initiating the effort attracts opportunities and synergistic things happen.

Inactivity, on one hand, is most often a choice rather than an inescapable fact of life, while action is a definite way to avoid being victimized by yourself or

others. If you decide to do something about your problem or challenge, rather than grumble about it, you'll be on the road to changing things around for yourself. When you take action, you also take control. Thinking keeps you a prisoner of the past. Action puts you in control of the future.

If you find yourself asking, "Yes, but what can I do" the answer is very, very simple. Anything is a lot more effective than nothing.

This old proverb has a lot of truth in it: Even when you are on the right track, you'll get run over if you just sit there.