

## Minutes

Tuesday, 06 October 2020 09:09 -

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About six weeks ago, I deleted the Facebook app from my phone. I had found myself wasting too much time scrolling through content which I had no desire to read. Every evening, my screen was filled with posts with people virtue signaling, attention-seeking or just painting a fake picture of happiness. Even if these posts were genuine, the bottom line that I had no interest in seeing them. It was nothing to do with the posters, or their motivations, it was entirely on me. So Facebook was deleted and then, about a week ago, I deleted the Reddit app from my phone. It was, more or less, the same situation - lots of random posts, except this time I didn't know who was posting.

So here I am, back where I started. Here, I still get a moment to breathe out; five minutes without people to manage, emails to read, meetings to attend. Here, there are no nappies or dishwashers or "broken this" or "leaking that". This is still five minutes away, except I'm not filling the five minutes reading content which bores me, or annoys me, more than the stuff I'm taking five minutes away from.

I doubt anyone is reading this anymore, and that is completely fine. Here, I will talk to myself for five minutes, every so often.