

Barbara - Day 7

Sunday: the ultimate “family day”. After I had my epiphany yesterday, I left my BlackBerry behind while I took the kids to play at Tina’s. I did not even miss it, and I was a lot more relaxed just being able to focus on the kids. Today I had no problem leaving it behind and I was even irritated when I got a few work calls on a Sunday from people that are used to me always responding. I took it with me as we all headed out for dinner, clipped to its usual spot on my waist, only this time it felt uncomfortable. I took it off and left it in the car, and it was a peaceful dinner. I took in every bite, every smile and every word. And because my husband was able to relax not competing with my BlackBerry, he was even more supportive in letting me work late into the night.

I have to work long and late hours. Our employees, our advertisers, our partners, our clients and our consumers all count on us to keep Metroplex Baby & Kids a relevant, successful and competitive business. I know my family counts on me too. Being a successful mother and wife is just as important to me as providing a valuable resource to parents and businesses across the Metroplex. I was always there for my family, but so was my BlackBerry – and it has been a distraction. I will continue to count on the support of my family on the days I have to work longer hours, and promise to give them my undivided attention during our family time. It took this week, this break to see more clearly that while my BlackBerry and cell phone help me be more productive throughout the day, they take away some of the quality of family time. So to anyone who has become addicted to their PDA’s I say “take a break.” It will do you – and your loved ones- good.

Tina – Day 7

I get my blackberry back today. I'm excited to have found a balance. I'm a little giddy when I turn it on, because I've missed talking with Barb and friends at night. I'm also happy because I learned that life doesn't stop without a blackberry - being without a blackberry simply delays work a bit.