

Yesterday I wrote about how this week felt like a vacation for me. Today solidifies that feeling. Yesterday I felt blissful and free of anxiety and stress. Today that anxiety is eeking it's way back as I sit here feeling like you do the night before you head back to work after a week long escape. I keep thinking about the laundry list of things I need to tackle now that I can finally join the world (wide web) again.

I've got some major fundraising to do as I try to finish raising the last of my \$2,900 goal for Team In Training before my marathon on Nov. 15th. I'm kicking off a fun blog collaboration in the coming weeks, and have so much to update my readers on. I *must* immediately get in touch with the **real** Tara to tell her all about asking my ex-hairdresser for grammar advice. And I know my parents and my husband's are itching to see Halloween pictures of Kendall. I've got the album ready to email.

As much as I've enjoyed relaxing and detaching this week, the fact of the matter is I need the internet to get stuff done. It is a very vital part of how I work, and not something I want to give up completely for eternity. What scares me is trying to figure out how to phase the internet back into my life without giving up some of the peace that has come from this vacation from it.

I've been playing with all sorts of rules in my mind and asking myself lots of questions. Maybe I will only allow myself two hours a day, total. Maybe I can keep track of that with a timer. Maybe I just need to make sure I'm not on it at all when Kendall is awake, and I need to shut it down early enough to spend some quality time with my husband and head to bed early. Should I make sure the dishes are always done before I allow myself on? Should I allow myself to check my email only twice a day? How do I keep this from being an all or nothing kind of thing? How do I take this experience, learn from it and grow from it? How do I continue to apply it in a positive way?

I'd be lying if I said I wasn't excited to get back online tomorrow, but that excitement is dampened a little by the cautious approach I'm trying to take. I know it will be all too easy to get sucked back in, especially considering all I will have to catch up on. I don't know that the answer is to quantify the amount of time I should or shouldn't spend online. I think the more important thing to focus on is how that time is affecting life for those on this side of the computer screen, myself included.

If anything, this week has proven that nothing terrible happens when you just step away. I'm glad I did it, and I just might do it again. You should give it a try, too. You might be shocked how the world really can keep spinning without Google and how friends really can communicate without Facebook and email.