



## ***BEWARE – “Red Tides”***

**by Joe Gandolfo**

During a recent vacation at the beaches of Fort Myers, Florida – I had a thought provoking beach experience I have never before encountered. I encountered a “Red Tide”.

Now, I am not a marine biologist, but my best attempt at a scientific understanding of this phenomenon is that a seaweed type of algae gets churned up in the ocean and makes its way to the shoreline – potentially for miles and miles.

What at first appeared to be just a menacing seaweed for the ocean lover, was anything but “just menacing”. A “Red Tide” literally depletes oxygen right out of the water and a major effect is “life” taken out of the fish. This became more and more evident by the countless catfish, blowfish, sting-rays, shark, snook and other types of aquatic life that continuously washed up on the beach.

Sooooooo, I began to ponder the life depleting power of the “Red Tide” in the ocean, and then began to consider the potential of “Red Tides” in my life – people’s lives. You know the things, behaviors, situations, patterns, and people in our lives that seem to deplete the oxygen, so to speak, out of our lives.

One observation on life today is that our schedules are so jammed packed that we run around at times like frantic maniacs – going from one place to another, one activity to another, from home to work to something, to something else, to home, to sleep and up again – and then do it all over again the next day. This depletes the oxygen out of me at times, *how about you?*

If we are not running around we may zone out on TV, watching programming that distracts us at best and depletes the life out of us at worst. Yes, I get caught in that “Red Tide”, *how about you?*

Many of us enjoy a middle to upper-class lifestyle where we are more “comfortable” than any humans ever in history. Plenty of “material stuff” to make our lives easier and more enjoyable, but more crowded, a conscious or unconscious quest to acquire more stuff seems present. This depletes the oxygen out of me at times, *how about you?*

I have many more examples, *how about you?*

I am not griping about our American suburbia lifestyle, for it is what I, we, have known due to a lucky draw I suppose. I consider myself a mostly grateful, happy person inside, who does get sidetracked by stress and by a life trance at times.

The “Red Tide” had me consider slowing down some and becoming more aware of where I am “swimming” – what I do and how I spend my time and efforts.

Maybe we should consider slowing down some, or even stopping at times ... to BREATHE! Breathe to take in the moment and all the moment has to offer. Breathe to take in what is around us and to connect with what is going on within us. Breathe and realize that THE MOMENT is the only moment you truly have. Breathe and truly connect and love each other. Breathe and smile at one another. Breathe, to make sure we are getting enough oxygen - for that is the fuel of “life” which creates meaning in our lives.

Beware of those darn “Red Tides”, depleting the life out of life.

Listen to Joe’s free daily podcast – ***Teen Success Radio*** – available on iTunes.  
His new book ***The Greatest Teenage Myth in the World*** is now available @ [www.JosephGandolfo.com](http://www.JosephGandolfo.com) or [www.TheGreatestTeenageMythInTheWorld.com](http://www.TheGreatestTeenageMythInTheWorld.com)

Joe Gandolfo is on a mission to ***champion the greatest commodity in today's world – our youth, teenagers, young adults and college students***, and to rally, strengthen and energize the adults – parents, educators, mental health professionals and organizations - who work with and care about our greatest commodity in the world.

Joe works as a ***professional speaker, success coach, seminar leader motivational counselor and author***. He brings 20 years experience working with youth, teen-agers, student-athletes, professional athletes, adults, parents, educators, public and private schools, organizations and associations.

**His clients have included:** *Georgia Tech Athletic Association, Rockdale County Schools, Cobb County Schools, Cobb Teen Leadership, YMCA, Childcare Resource Network, University of Clemson, University of West Georgia, PGA of America, Milwaukee Brewers, Coca-Cola, SouthCoast Hospitals, Owens-Corning and MPI Georgia Chapter.*

He has been an adjunct professor at Georgia Tech (1996-2000) and Georgia State (2005-06). He was on staff at the Homer Rice Center for Sports Performance (2000-07). He has had a private consulting practice since 1991.

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