

# Power of the Pause



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How often do you pause? Pause from anxious feelings, pause from life stresses, pause your normal busy activities? When you pause, what does it look like? Do you pause in meditation, pause to be still and pray, pause to take part in a relaxing activity, pause to regroup - reorder - re-prioritize your to-do list?

With our recent situation, many have been forced to pause—those “non-essential” workers. If this is you, have you made good use of your time? Have you taken this time grow, learn, and make yourself better? Or has it been overwhelming and added other stresses to your plate?

What about those of you who have continued to work? Has your stress increased or decreased? How have you been able to pause and take care of your mental and physical health?

As the owner of an “essential business” and mother of four (with three high school/college students home), my workload has almost doubled these last three months and so has my stress level. The pressure of keeping cars coming in with marketing and communication, ensuring my business family can continue to work, provide for their families, and is well cared for has been very heavy. Added to this have been the changes in how we take care of people and fix cars, sometimes daily changes in how we operate and precautions we take, along with difficulties procuring the items we’ve needed due to nationwide shortages. There have been constant decisions to make, fears to calm (both at the shop and home), and people to reassure. There’s taking extra special care of our great essential business family with homemade treats and lunches along with staying positive and connected. And there’s also been an increased awareness of other struggling small businesses in our community and finding creative ways to help and support them. All of this has been added to my normal duties and every day home and business stresses.

I am not complaining—I’m being vulnerable and real. My husband and I signed up for business ownership and parenting four children. But we certainly didn’t see this coming. We could not have predicted all of the challenges we have been faced with. Nor could we have predicted the stress it would have on all of our beloved people.

In all honesty, it has been overwhelming at times & exhausting. I feel as though I’ve been hit with a fire hose and the fire hose just doesn’t seem to run out of water!

I know I am not alone. Do you feel that high-pressure water hitting you constantly and unceasingly? How are you coping?

I have to pause. I have to renew my strength daily. Without a doubt, I have fought the water shooting at me by shooting back with the only thing I know—Living Water. Without the powerful strength of Jesus Christ, at such a time as this, I don’t know how or if I’d still be standing up against this high-pressured fire hose.

So I abide in God’s Word - whether reading or listening. I praise Him in worship and thank Him for the goodness there still is. I read books, listen to podcasts, attend “online church” and dwell in anything that points to the One who is in control of all of this. This is where my hope and strength comes from.

This is also how I cope and stay positive. This is how I pause well. Is this your way? How are you doing if it is not? How do you take a break to renew your mind? Do you destress physically,

which also helps mentally? What activities do you enjoy?

I am so grateful that the added stress of this situation came during spring and not in the dead of winter, aren’t you? With the warmer temps and the newness that spring brings, it seems to l i g h t e n everyone’s mood and gives us more time in the great outdoors.

One of my favorite things to do, which also gives me another way to destress, is chainsawing! Have you ever wielded a chainsaw? If so, you might understand why I enjoy it so much. For me, there is great satisfaction in cutting up logs, moving them out of the woods, and stacking or burning them. While I’m involved in the physical work of this activity, I rarely think of anything else except the task at hand. There is no anxiety, stress, or worry. Just me and my saw getting it done.

No matter how much of a hurry I am in, I always pause to put on my safety gear - my pink ear/eye protection as well as my black chaps. There hasn’t been a time when I didn’t because I know what consequences I might suffer if I decided to go at it without protection.

If you look closely at my left leg in this picture, you will notice two white spots. These are from the two separate times my safety chaps have stopped my chainsaw from cutting my leg. When the saw comes in contact with the chaps, the fibers within entangle the blade of the saw to make it stop—serving as my chainsaw brakes. Without them, there is no telling the extent to what my injuries could have been.

Do you properly protect yourself in activities you enjoy? Chaps when chainsawing? Helmets on bikes/mopeds/motorcycles?

And how about protection in your vehicle? Do you wear your seatbelt—every time? And is your vehicle healthy and safe to drive? Just as my chaps stopped my chainsaw to keep me safe, your brakes, the single most important safety system in your vehicle, help keep you and others safe by stopping your vehicle.

When was the last time you had your brakes inspected? Do you have them checked regularly? Or do you ignore them until they start showing signs of a problem?

Many wait until there are symptoms before addressing issues. This is why we typically notice an increase in brake replacement components in the spring—it’s the first time motorists roll down their windows after a long winter and start to hear noises when braking—alerting them to a potential problem.

Do you know all of the components in the braking system and what might be wrong if you hear, smell, see or feel a problem? Many times motorists think that their problem is likely the same as most other drivers and giving a price over the phone is easy. When they call we hear things like, “my brakes \_\_\_\_\_ (symptom), what do you think is wrong - and how much will it cost?”, “How much are new brakes”, “I think I need new pads or rotors, how much do you charge”, and other similar questions.

The problem is, not all brakes are created equal. Not all symptoms



indicate just one problem and not all cars have the same issue(s). Plus, there are so many more parts to the braking system that many people fail to consider.

The braking system is comprised of the brake pedal, booster, master cylinder, brake lines and hoses, calipers and pistons, disc brakes pads or shoes, disc brake rotors, drum brakes, brake fluid, anti-lock brake system (ABS) control module, wheel speed sensors and many parts within these components. Any number of things can go wrong with one or more of these components. Sometimes the components wear or break at the same time and sometimes one component might have had issues for a while but you aren’t alerted to it until another issue comes about.

This is why a brake inspection is essential.

If you do not have regular brake inspections done as part of your maintenance schedule, it is important that with any symptom you may notice that you always stay alert to any braking symptom problem, no matter how small. Listen for any noise when braking and roll down your window so you can hear it well—squealing, grinding, hissing, anything abnormal. Pay attention to how your vehicle feels—shaking, vibrating/pulsation, pulling to the right or left, spongy or soft pedal. Note any bad smells, leaks, or dash lights.

A small problem or minor symptom can turn into a bigger problem and expensive repair if ignored or put off. Worse yet, if you get used to symptoms and don’t have them addressed right away, you may not notice them getting worse over time and this may lead to severely compromising the safety of you or others.

Because we have become a society that has exhaustive information immediately available for any topic at hand, oftentimes, this is where people start with car symptoms. They will ask Google what their symptoms mean and what should be done about them. The problem is, Google, who seems to have all of the answers, cannot see, drive, feel, smell, or inspect your vehicle. Its expertise may generalize an issue but not have all of the information necessary for a definitive diagnosis.

For instance, let’s say you hear a squealing noise. It’s been a while since your brake pads were replaced and Google told you brake pads are more likely needed, you start calling around for quotes on new pads. Some auto service centers may give you a quote and charge you for the service when

you decide to bring your vehicle there since they are going to do what you ask and replace your pads. This will cost a considerable amount of money - but maybe you think you are getting a deal since they were the least expensive shop. Now, let’s say that instead of giving you a price quote for the pads, our advisors ask that you bring your vehicle in for an inspection so that your entire system can be assessed. You choose this option instead of listening to Google or going to the “cheap” shop. Come to find out, a rock is stuck in one of your rotors which was causing the problem and your pads have plenty of life left. This would save you a significant amount of money and you’re wiser for it.

Certainly, this latter scenario is the best case. Another might look like: upon inspection, your system is rusty and worn and it is found that your pads/rotors need replacement, but also your calipers, which you or Google may not have considered, are also seizing. This might be a less desirable outcome, but if you pause to look at it from a different perspective, isn’t it a better outcome because you can now drive with a safe braking system?

Besides the fact that giving a price over the phone is a blind guess of what might be needed, there is also the quality factor. Just like all repairs, you can get a job done cheaper at one shop over another—but at what cost? Do you know what you are getting? What quality parts/work will be done? What is the warranty? Are you building a trusting relationship?

Last month I encouraged you to find a mechanic you can build a trusting relationship with and who will be transparent with you. Giving you a price over the phone is not a relationship. It is almost equal to asking Google what’s wrong with your car and how much it should cost to fix it. A relationship is performing a digital brake inspection with pictures and measurements so that you can make an informed decision about repairs to keep you and others safe.

As we are in this new kind of season, where we are pausing because we have to or finding ways to pause to take on the fire hose, might we also pause to take care of the single most important safety system in our vehicle? Pause to ask yourself, “when’s the last time my brakes were inspected?”. Pause to add this to your maintenance schedule. Use your senses to tune into your vehicle when it pauses while braking and then pause to have an inspection if you notice any symptoms.

Pausing allows us to protect ourselves and others. Had I not paused every time to don my chaps, I may not have my left leg. That was a great pausing decision! If this is not enough to convince you, might you need a little extra motivation to pause with your brakes?

How about pausing for a deal or two? In the month of June, we are committed to pausing with you in offering a digital brake inspection—for free! We also have brake specials if your vehicle needs pads or rotors—up to \$75 visa rebate! And we have financing specials allowing you to pause the payment with no interest for 6 months plus a 10% rebate (up to \$100)—for those who qualify.

My friends, there are so many great ways to pause. And there is so much power in the pause when we do it well. I hope you will join me in pausing—both in life and for brakes with exceptional savings!

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