



Psychological Time Dilation

In Einstein's theory of relativity, "time dilation refers to the seemingly odd fact that time passes at different rates for different observers, depending on their relative motion or positions in a gravitational field."

– livescience.com

Maybe our mind's awareness of time similarly dilates. We sometimes may undergo a period in our lives where significant experiences occur close together and relatively rapidly. During such a period, we feel the previous week or even day seems 'a long time ago.'