

# I feel and therefore I am

## **Multitasking**

If you think you're too busy to read this article, then perhaps you should take time out to do it anyway! Recently I have been far too busy. Typically working on far too many things at the same time, with a million others on my mind. Even in my sleep I am on a trip, giving a talk or simply meeting deadlines.

## **On a Mission**

Projects and tasks were blurring into one another. I was simply too busy to even write a 'to do list'. I coned myself into thinking I could remember everything. One thing was for sure; I had a mission: To get things done, no matter the price. One day a close friend pointed out the risk of expiring as a result of work overload.

## **Burnout**

I did remember reading about 'burnout'. People driven by 'Getting There First' thinking it is 'now or never'. Often far too little sleep to avoid wasting any time, this so-called fast-track lifestyle led to an untimely death for some. I recalled some of the symptoms:

- A compulsion to prove oneself by working harder
- Fatigue and run down - neglecting one's own needs
- Anger at those making demands
- Cynicism, negativity, and irritability

## **Take your Time**

When thinking of time as a given we perhaps exactly therefore manage it so badly. 'Hurry Slowly' is the key and I decided to make my own list:

### **Personal**

- Take time out to think
- Listen rather than talk - breathe
- Take a relaxed bath instead of a hurried shower
- Meditate or have a massage regularly
- Don't feel responsible for things outside your control

### **Family**

- Make a to do list, then cut it by 50%
- Tidy up and give things away you don't need
- Don't procrastinate, get unpleasant tasks done first
- Don't plan everything, be spontaneous
- Sit down and eat your breakfast

### **Friends**

- Meet one to one at times
- Throw a party and order food in
- Don't do things you don't like
- Say no once in a while
- Leave a party if you are bored

**Work**

- Love your job or find another
- Only do one thing at a time
- Always take a lunch break
- Turn off your mobile phone from time to time
- Work late if necessary, but don't take your work home

**Food**

- Buy in bulk online
- Top up with fresh quality food locally
- Cook a nice dish, make some extra for the freezer
- Don't eat on the go
- Chew your food properly before swallowing

**My Future Mantra**

It used to be: 'I think and therefore I am', then it was 'I shop and therefore I am', and then it was 'I work and therefore I am'. Recently 'I feel and therefore I am' has become my new mantra. I know that one should never be too busy to simply BE.

Anne Lise Kjaer March 7, 2009