Rethinking Time

We live in a world that prizes being (or at least appearing to be) busy. When we're asked how we're doing, we say: "Oh, so busy!" We feel guilty when we're not productive, and we find it nearly impossible to say "no" to extra projects, even when our body tells us it's time to take a break.

Time is undoubtedly one of our most valuable resources, and we do whatever we can to save it. But we don't know how to spend what we've saved in a way that makes sense. Then, when burnout strikes, we ask, what on Earth happened?

Rethink your approach

Ask yourself:

- Where and how would you like to spend more time?
- Where and how would you like to spend less time?
- What would you like to prioritise? (health, relationships, personal growth, career advancement).
- Which bad habits would you like to ditch? (doomscrolling before bed, getting too little sleep, eating poorly, not exercising).

Pause for things that matter

- Go to bed earlier so you can start with a slower morning. Journal, do some stretches or deep breathing.
- Determine the best way to go about a task, and break it into smaller bits that you can get done systematically. Reward yourself when you get it done.
- Set your goals ahead of time and work wisely with what you have.
- Don't feel guilty for enjoying downtime. Your mind is not made to be constantly on the go.
- Schedule time with family and friends. It's one of the best things you can do for your mental health.

After all, every second counts – when you make it.

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