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?
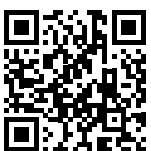
Rethink your approach

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.

lyra wellbeing

https://explodingtopics.com/blog/screen-time-stats
https://www.linkedin.com/pulse/why-we-need-rethink-time-blanca-juti/
https://www.forbes.com/sites/curtsteinhorst/2024/01/23/the-fallacy-of-time-management-why-its-time-to-rethink-productivity/