

Work and Play

I was interviewed by Stephanie Whittaker for the Gazette regarding workaholics and it got me thinking. Most of us probably don't consider ourselves workaholics, and I'm certain that occasionally we all suffer from focusing too much on work and neglecting our personal side. In the long term however, how do we know if we have a healthy balance between work and play? How do we know when too much is really that: too much.

Achieving a balance between work and play is really setting a goal; a goal that allows you to manage your responsibilities, as well as provide the physical and emotional support you've determined as necessary to have a healthy and productive life.

If you're curious as to whether you have a balance between work and play, some questions you may want to ask yourself are:

- Do you continuously feel that life is an uphill battle?
- Do you feel that you are constantly spinning your wheels?
- Do the things you used to do for pleasure now feel like a chore?
- Do you feel that you're missing something but don't know what it is?
- Are you in turmoil regarding the amount of time you spend with your spouse and/or children?
- If you're single, do you spend more time than you would like at home, alone?

Maybe it's time to say "enough" and start setting some goals for yourself that allow you the time to enjoy both your work and your play. It's really not difficult, but it may be a bit time consuming for the novice. Start by determining what is missing, and then choose one item that you would like in your life. Ask yourself what would change if you had it - picture it, and bring it in to today. If it makes you feel good, then set it as your goal. Give yourself a time limit for achieving this goal and list what to do to accomplish it. List the benefits of getting there and keep that list in a convenient place. Monitor your behaviour against your list to know if you are truly doing what is necessary to reach your goal.

If you need help, contact me at lconstant@optimusperformance.ca.

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