

## Work Life... Work thoughts crowding out leisure time

### **S i t u a t i o n :**

Sunday afternoons I really try to take time out for myself. It seems that no matter what I do, watch TV or read, my thoughts slide back to work and all the things I'll have to do the next day, and the next day, and the next day. Yesterday I wanted to watch this great documentary and found when it was almost finished that my mind was so busy I had missed most of it. The TV was on, I was sitting in front of it, but I my mind was definitely somewhere else. Help!

### **A n s w e r :**

*Sounds as if you need to add something more physical to your relaxation time. Of course that might push your work worry time to bedtime and that's not healthy either. Planning is good. Obsessive planning robs our rest & recreation time. You're working overtime and not getting paid for it!*

*As for physical activity, play in the garden, wash your car, shoot baskets, play golf. Don't sit. Move. If you choose to take a walk and your thoughts drift back to work, count your footsteps, or look at the trees or flowers, anything that will refocus your attention.*

*If you are in a high-powered position that does require you to really plan your week, set aside a half hour or so during the weekend and get it done. Knowing it's finished will take away the tension, the feeling that it's hanging over your head. You'll be free to play. Or, make a firm decision to do that planning during the first half hour you're at the office on Monday. Then if the thoughts creep back in, your direction is already clearly established: "I'll take care of that on Monday morning." Period!*

*If you really don't have to plan your work days when you're not at work – don't. Most of us are on overload because of our habits, we simply don't make an effort to let go.*

*You do deserve your free time. Promise yourself to make good use of it – then keep your promise.*