

Cultivating a healthy balance

Dealing with stress and preventing burn-out by cultivating a balanced work culture and good habits for well-being



Image: <https://www.pexels.com/photo/person-holding-match-stick-with-fire-in-front-of-candle-with-fire-159436/>

“Happiness is not a matter of intensity but of balance and order and rhythm and harmony.” Thomas Merton

Tags:Cultural. Health and healing.

Challenge:

With great excitement you are devoting yourself to an idea. BUT: sometimes things do not work out the way you want them to, and although you try your best you have to deal with challenges, frustrations and failure. Or sometimes there is just an impossible amount to do in too little time. You try harder, take less time for yourself, your loved ones or simple recreation. Your system is under stress, you lose your joy, get angry easily, feel depressed or you are just incredibly exhausted (maybe because issues in your project keep you active at night). These dynamics can occur very easily when you dedicate yourself deeply to a meaningful idea. Better learn good habits before it gets bad.

Solution:

Learn healthy habits and a balanced working culture. It's best when you establish that BEFORE you are in amidst turmoil, but it is never too late. Cultivate daily rituals which bring balance to you. Find your personal style: healthy morning rituals, work-out, just a relaxing cup of tea, long lunch breaks with siesta, bed time rituals. Find out, what is re-charging you: time in nature, practicing silence and conscious breathing, singing, dancing, time with good friends or just going to the movies.

Learn about productivity system like “Getting things Done”. Learn to set priorities and to say NO to many options you have time with, learn to deal with information overview and learn to take breaks. Learn to set up your organisation and your governance in your team in such a way that you are less needed for everything (e.g. sociocracy, holacracy). Ultimately taking care for yourself is a matter of self-love. Learn self-empathy, do therapy, be gentle with yourself and give space to healing. And remember: The world does not have to be saved by you alone.

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Links:

- <http://wholeheartedlyhealthy.com/2016/11/my-self-care-routines-and-rituals.html>
- https://www.huffingtonpost.com/great-work-cultures/want-to-strengthen-workpl_b_11730914.html
- <http://time.com/3532535/10-daily-rituals-you-need-to-adopt-right-now/>

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