

BALANCE & BOUNDARIES

Living Well



“REFLECT ON YOUR DAY AND YOUR SUCCESSSES...”

- Do something else on the way home from work, such as exercise, make a non-work call to a friend, socialise, shop, dine out – you will come home in a happier mood. If this is not practically possible, then whether you drive, walk or take public transport, make some time to practice a technique called ‘The Third Space’:
 - Reflect – on your day and your successes
 - Rest – allocate some time to turn off your brain and be calm and present; this reduces the level of negative neurotransmitters that predispose people to irrational behaviour
 - Reset – as you get closer to home, be clear about your intention for the evening and the exact behaviour you want to exhibit when you get through the door. Think ahead about what to ask your family/partner about their day
- The Third Space can also be used between meetings. It’s a transition between one activity and another environment that helps us drop the baggage and assume the right behaviours for the next environment we are entering. Look up ‘Dr Adam Fraser – The Third Space’ online for more information.
- Consider the ways in which your work life might be intruding on your ability to fulfil your personal commitments, and the sense of conflict you might be experiencing because of this. Where are the greatest tension points between work and life? What actions or boundaries would be useful for these?
- Set rules for leaving your phone/devices/technology aside where you won’t pick it up again until your specified time. Similarly, establish boundaries around the times you will permit yourself to look at work emails or take calls, and stick to these.
- Decide on one ‘me time’ activity to do every day or every week, no matter how small (e.g. a coffee by yourself or an overdue phone call to a friend).
- Change clothes when you come home; shed your work identity with your clothing. Do something (other than work) that you enjoy.
- Make space for your other roles, responsibilities and commitments in life, e.g. call or see extended family or friends, attend social functions etc.
- Establish an ‘operating rhythm’ for your outside-of-work life; a pattern or routine to attend to the other parts of your life that will help to keep you happy, satisfied and on an even keel (e.g. a yoga class 8pm on Monday, dinner with your tribe on a Friday, movies, soccer, etc.) The key is the predictability and certainty of knowing you have something pleasurable to look forward to.
- After a work call or emails in the evening, make time to unwind a priority. Try a relaxation technique (breathing, meditation, walk, shower, familiar music, etc.)
- Take a good hard look at everything you are trying to get done outside of work:
 - Is this really sustainable?
 - What might you need to pull back from? (Non-work related commitments).
 - What can you outsource? (domestic chores)
 - Are there some standards or expectations of yourself that are driving an unsustainable level of busy-ness in your home life?