



MARCH 2016

CRAZY BUSY

Take a minute to ask a friend or colleague “how are you?” Listen to the answer. It used to be some version of “fine” or “great”. Lately I often hear “busy” and sometimes the more emphatic “crazy busy”. It led me to ask some questions. What is keeping people so busy? Is it something in our environment, our workplaces, our homes? Are we over-scheduled or does it just feel that way? Is it good, bad or simply fashionable?



The image of Steven Covey’s “put first things first” jar came to mind. Covey equates our time to a jar. How we fill our time is based on the relative value of an activity. Activities are likened to rocks, pebbles, sand and water depending on their importance (size) and urgency (liquidity). The only way to get everything into the jar is to start with the big rocks, followed by the pebbles, the sand and the water. Proceed in any other way and the big rocks don’t fit. In other words, if we are not attending to the important stuff because we are buried in the minutiae, we can feel it. It feels frantic and unfulfilling. It feels crazy busy.



When people are crazy busy, their frenzy is contagious. Dr. Edward Hallowell, a learning disabilities specialist and *Harvard Business Review* published author, calls the phenomenon attention deficit trait (ADT). Like attention deficit/hyperactivity disorder (ADHD), ADT is characterized by distractibility, impatience, disorganization, tardiness and inconsistent performance. Unlike ADHD which is attributed to brain anatomy, ADT is entirely caused by a hyper-kinetic environment. ADT shifts the nervous system into survival mode. Once the alarm sounds, the primitive brain hijacks executive functioning. Fighting and fleeing displace decision making, planning, and prioritizing.

To control ADT, Dr. Hallowell suggests engineering time and space buffers around the important things in our lives. To make room, we have to declutter our environments, tame our schedules and become intentional in our lifestyle choices.

ENGINEERING TIME AND SPACE BUFFERS

Look around you—your home, your workspace, your car. Do you have a lot of things? Does your stuff have purpose? Does it bring you joy? Marie Kondo, the Japanese tidying expert, maintains that if something doesn’t have a specific purpose or bring you joy, thank it for its service and pass it along. Her latest book, *Spark Joy*, is an illustrated master class for organizing and tidying up. Like its prequel, *The Life-Changing Magic of Tidying Up*, it sent me on a tear through my world thanking, tossing and folding. With less stuff, I feel lighter and lifted. I have less to organize and maintain. I have created environmental space.



the supplement
FACILITATING VITALITY

How jam packed is your calendar? Do you create some breathing room between appointments? Do you have cushion in your travel itineraries for unexpected delays or disruptions? How high quality is the time that you spend with your loved ones? Scheduling every last minute of your day will leave you frazzled and lonely. Make some time for reflection and connection so that you can think creatively and cultivate the possibility for authentic presence with your loved ones.

INTENTIONAL LIFESTYLE CHOICES

Our energy is finite. It ebbs and flows throughout the day in cycles of 60-120 minutes called ultradian rhythms. The most basic recipe for physical health is to eat, move and sleep in a pattern consistent with those rhythms. Because we have automated the activity out of our lives, processed the nutrition out of our food and eschewed our need for sleep, we now have to be intentional in maintaining a healthy lifestyle. To craft a personalized eat-move-sleep plan, log onto www.eatmovesleep.org to complete the questionnaire that will generate your plan. By following your plan, you can begin to create the physical and mental capacity to buffer yourself from the ravages of our 24/7 world.



PATRICIA M. FULLER, PhD,
Director, Wellness Engineering

Patricia M. Fuller has dedicated the last 18 years to designing and delivering wellness programs. Her events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

pfuller@bks-partners.com | Have a Question? Email it to Dr. Pat!

This newsletter is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.

