



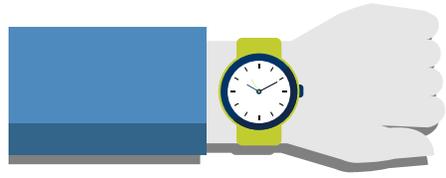
AUGUST 2018 TIME FAMINE

No one had trouble with work/life balance before advances in technology made it possible to communicate 24/7. The office closed at 5 PM, the phones stopped ringing, and we went home. On the way home, we might listen to the news, talk radio or some music. The commute provided a reasonably pleasant buffer between the world of work and family life. Once home, families ate dinner together, caught up on each other’s days and perhaps watched television. Then, we called it a night. Contrast that with today’s model of computers, smart phone, tablets, iPods, satellite radio and cable television. What is the primary difference? No more “off” switch, anywhere—not at home, not at the office, not even in the spaces in-between.

Boundaries such as office hours and prime time viewing have disappeared and with them so has the ability to rest and recover. We remain permanently stuck in the “on” position. It is relentless and we are wearing ourselves out. A not-for-profit organization, www.takebackyourtime.org, termed it “time famine”.

“WE AREN’T STARVED FOR TIME.
WE ARE AFRAID TO SET BOUNDARIES.”

Back when work was work and home was home, it never occurred to us that taking a break might make us more productive. The day and the week had natural beginnings and endings with breaks in between. We had two weeks of vacation per year and we took them. Today with paid time off (PTO), flex time and telecommuting, breaks aren’t automatic. They have to be intentional. We tend to internalize this as “we never get breaks.” Because we actually need breaks every 90 to 120 minutes to function optimally, we begin to take them surreptitiously or worse, to not take them at all. It appears that eating at one’s workstation, operating without sleep or accumulating unused vacation days are badges of honor. According to a recent Nielsen Consumer Research study, 52% of us did not take all of our paid vacation days in the past year. We left an average of 7.2 vacation days unused on the table.



*DO YOU SUFFER
FROM TIME FAMINE?*

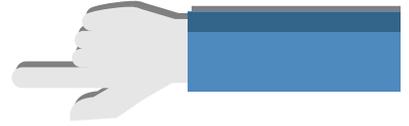




the supplement

FACILITATING VITALITY

Despite our advances in technology, our bodies still operate in very primitive patterns. These patterns ebb and flow in seasons, lunar months, and in shorter cycles of 24 hours called circadian rhythms. Circadian rhythms break down further into 90 to 120 minute cycles called ultradian rhythms. Technology ignores these patterns and it is increasingly falling to employers to re-establish the boundaries that give their employees permission to rest and recover appropriately.



So when your employer provides you with a breakroom where you can eat your lunch, access to a gym or walking trail to take breaks midday, or encourages you to take your vacation, they are not trying to control you. They are attempting to re-establish a modicum of work/life balance in a world where technology has made it increasingly difficult to have it. We aren't starved for time. We are afraid to set boundaries.

The 5 Second Rule, by Mel Robbins

As a change architect, I spend most of my time guiding clients to the one action that will get them on the path to sustainable behavior change. Mel Robbins has made it as simple as counting down from five to one. Before you have the time to talk yourself out of "the thing" that seems so hard to do, count 5-4-3-2-1 and just do it.

Here are a few 5-4-3-2-1 actions that you could take to get you started on your journey to a life well-lived.

5-4-3-2-1 ACTIONS



- GET UP ON TIME
- ASK FOR HELP
- SAY NO
- STEP ON THE DANCE FLOOR
- CALL YOUR FRIEND
- ADMIT YOU'RE WRONG
- GO FIRST
- RAISE YOUR HAND
- TAKE A WALK
- GO OUTSIDE FOR LUNCH
- BOOK YOUR VACATION



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Patricia M. Fuller has dedicated the last 20 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.

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