

OVERLOAD

Overload opens the trapdoor of resilience failure. In a connected, consumer world overload is reality. We love stimulation but it can easily become too much. Detect and counter overload to pivot to a good life.



Remember that the conscious mind (what we call the prefrontal cortex) is expensive to run and can only work on about 4 ideas at a time. Most of us are storming through tasks, information, interactions and decisions. It feels “crazy busy”. What is actually happening is that you are working on automatic pilot. Simplify what you want to focus on each day. Make it matter.

SUGGESTIONS

1. Each evening, select three important tasks for tomorrow
2. Resolve to focus on, complete and succeed in these three
3. Choose a time in the day that you will attend to them
4. Most people find the morning to be most productive
5. When the time comes give each task your full attention
6. Concentrate and work deliberately to nail it
7. Recover properly and reset priorities for the next day

Have a good look at your day and see what you can stop. Switching your device off, limiting your TV or social media to defined times, and for some, limiting social time can create a feeling of more space.

If someone asks: “are you busy?”, either say “relaxed” or “in flow”