

5 Tips to Make Time for You During Busy Seasons



It's easy to put our own needs last, but this often causes more harm than good. Finding time for our own needs is especially challenging during the busy seasons of life.

1

Reset Your Nervous System

Research shows that it takes five deep breaths to reset your nervous system if you are feeling stressed or anxious. Close your eyes and focus on breathing in fully and releasing your nerves.

2

Do One Thing for You

Identify one thing that will be your focus for the busy season. It should be something that is just for you and fills your cup. Once you've decided, make a plan to make it happen!

3

Subtract One Thing

Busy seasons often involve saying "Yes" to a lot of different requests. Take a look at what's on your plate and identify one thing you're going to subtract.

4

Spend Time in Nature

It's amazing how nature can fill us up. Research even shows that spending just five hours a month in nature can have a positive impact on your health. So, make time to get outside!

5

Learn Something New

Learning a new skill or craft can actually lead to you being happier in your work and life. You can choose something career-related or just for fun!

Just like the airlines always tell us, you must put your own oxygen mask on first. Breaking out of auto-pilot mode and recognizing what you need requires commitment and a strategy. How can you recharge and fill your cup even during the busiest seasons?