



## What If This Holiday You Could Give Yourself a Break?

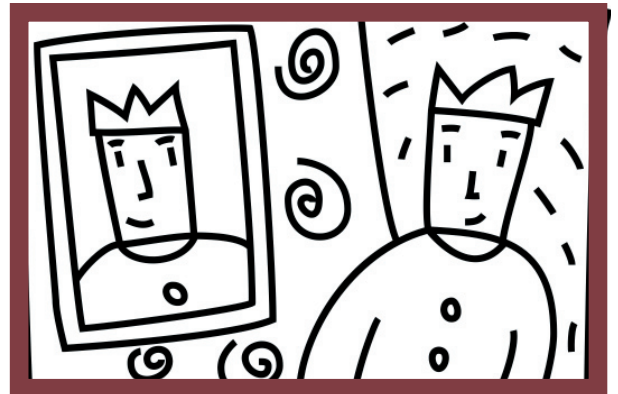
In case you hadn't noticed, I didn't put out my Sept./Oct. newsletter. As a confirmed procrastinator, I succeeded in putting it off in early September, then in mid September, in late September and finally set my sights on October. Next thing I knew, it was almost Halloween and my guilt-meter was skyrocketing into the red zone. I had to admit that I'd missed my newsletter window...after almost three years of a perfect record!

I won't go into my many valid reasons for putting other things first. Instead, my focus is the tough mental process I put myself through. Rather than looking realistically at how much was on my plate (which is the advice I give my clients,) I hopped on the guilt train and rushed around getting everything else (almost) done and letting the missing newsletter build up steam. When I finally gave up, in the last week of October, it was a wrenching experience and I felt like a failure.

Then something odd happened. My publisher sweetly pointed out that it wasn't a huge deal, I should just put out the next one and relax. "Give yourself a break," she said. Duh! I thought, what a concept. (Again, advice I give to my clients.) Perhaps I should follow my own advice.

### HMMM...A NEW PERSPECTIVE

Why is it the concept of giving ourselves permission to take time off so foreign? Or the choice *not* to do something that is routine, but not terribly vital? Why don't we use our analytical abilities to triage our to-do list? And why



are we willing, sometimes even anxious, to pile more on our plate than we know is realistic? As I think about it, here come the Holidays, when we have an entire season to carefully hone this negative skill! It's definitely time to look at things

**WOLF CONSULTING**  
**DIANE VASARKOVY**  
 OWNER/CONSULTANT  
**360.264.5082**

CELL: 360.789.3626  
 VASARKOVY@AOL.COM  
 WWW.VASARKOVY.COM

“

*May your stuffing be tasty  
May your turkey be plump,  
May your potatoes and gravy have nary a lump.  
May your yams be delicious  
and your pies take the prize,  
and may your holiday dinner stay off your thighs!*

*-Unknown*

”

from a new perspective.

## **WHY NOT SUBTRACT ANXIETY?**

Clearly, when we do this to ourselves, we are not in our “right minds.” In other words, we are running strictly on our emotions. As I look at myself, I realize that I pride myself on the fact that I *always* send out my newsletter six times a year...and I *never* miss! But the truth is, I’ve never actually made a commitment to my audience about how often I would publish. And it’s not like my readers sit by their computers breathlessly awaiting my bi-monthly wisdom. I realize now that this was clearly a task I could have given myself permission to eliminate earlier, thereby making my plate less full and *subtracting* anxiety! I wonder why I put myself through all that instead?

Why *do* we resist giving ourselves a break? The benefits of rest are well documented. We all understand the ingredients of burnout and see it readily in others. Our “work before play” ethic doesn’t mean ALL work before ANY play. So, why not seek a balanced life?

It just seems logical that we are healthier when living a balanced life. Sedentary activity balanced with regular exercise, proteins balanced with fiber, and so on. It’s easy to grasp

when talking about the physical, but more difficult in the mental dimension. That’s where we run into those pesky emotions that generate the guilt that fuels our tendency to act against our own best interest.

And of course, acting against our own best interest is a choice. A choice we may make subconsciously, but if we can recognize that we are making it, we have the opportunity to make a different choice. I can give myself permission to live a more balanced life. That makes it sound like an indulging in a guilty pleasure. Even better, I could choose to make balance a requirement in my life. By making it a requirement, it would be nonnegotiable with my inner kid, who lives to play the guilt card. And not just because it’s good for me, but because I have a duty to the rest of the world to model healthy behavior. Duty? Hmm, there’s that inner kid again. Give yourself a break already! 🐺

---

*Want to have a consultant “on retainer” but don’t want the hassle of a formal procurement? Consider sole source for under \$5,000. You’ll be surprised how much advice and guidance you can receive, and you can have it when you need it, on a moments notice. Let’s explore, call Wolf Consulting today: 360-264-5082.*

For state, local and other public jurisdictions, obtain Wolf Consulting services via specialized, pre-qualified vendor lists. Go to <http://www.ga.wa.gov/PCA/Ps2/> or contact Steve Lovaas at 360-902-7368 for IT and Business Consulting services, or, Marilyn McNeil at 360-664-1947 for Facilitation, Organization Development or Instructor services.