



Finding Calm within the Chaos

It would be fantastic to design a life that suited our highly sensitive needs...sadly that isn't always possible. Some jobs have shift work or unpredictable hours. Other times we might unavoidably have a busy social calendar or want to go out with friends, say at the weekend.

What I recommend here is being MINDFUL...know that you might not feel your best if you cram too much in but you decide that is worth it (and try and schedule some downtime in as soon as you can).

Then you are CHOOSING rather than SHOULDING yourself or HAVING to.

It can be useful to take a birdseye view of your week so that you can PLAN having downtime and reflect on how you are feeling. Do you get downtime each day? If not...where could it fit in?

Are there any areas where short cuts can be made - i.e. making a big one pot meal that could last a few meals, sharing household tasks or getting groceries delivered?

Are there tasks that could be cut down on - things you might feel SHOULD be done but perhaps aren't essential?

Do have have energy drains? Scrolling for hours on a mobile phone can happen really easily without us even knowing.

Below you will find a timetable of the week so you can map out your routine and perhaps identify areas that would benefit from a tweak.



Birdseye Week View

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