

Members Quarterly

Fall 2013 Edition

Perspective

Leap into Fall but Don't Lose Your Balance

Take on new challenges both at work and for you

As another summer draws to a close, most of us are gearing up for fall, usually a very busy time of year at work. We leap into our work with great energy. What a lot of us forget is to pay attention to ourselves in order to sustain this energy and high level of productivity.

We have all had some form of summer holidays and time to recharge our batteries. We are refreshed and loaded with energy. Parents are normally relieved that their kids are back at school and there is a return to daily routines. We are all revved up when we return to our workplaces after the Labour Day weekend ready to tackle all projects and tasks that are tossed at us. We quickly grab the bull by the horns and run off with our work. Some of us are so geared up that we don't even pay attention to the clock or our own personal needs and put in extensive overtime to get as much done as humanly possible.

So I ask how do you normally feel by the last week of September? Has your "get up and go" got up and went? Do you feel tired and wonder why? This is probably a result of your leaping into work assignments aiming to accomplish the impossible without maintaining a proper work-life balance. You've basically forgotten about you and that's not a good thing. You're starting to feel burnout and if you don't take the time to make time for yourself, your battery will be empty very soon.

Over the summer months, we carved time out of our workdays to plan activities for ourselves. We got more exercise, played sports and spent cherished time with friends and family in a wide range of settings. Even with all the leisure time activities, we still managed to get our work done.

We can feel this great drive to accomplish all the things we wish to get done, but we must not forget to schedule time for ourselves. It's not the time to stop biking, hiking or working out at the gym because of your workload. It's not the time to tell friends and family that you're so busy working that you don't have time to see them for weeks. Leading experts now tell us that it's not only vital to have physical exercise and social activity to maintain your highest levels of energy and productivity, but that social activities also contribute to your overall well-being.

Make time for yourself as you have all summer. Yes, you have personal and work responsibilities that must be met. However, if you have no energy and get run down and sick, you won't be of much use to anyone particularly your family and your colleagues at work. Tackle all your new challenges with energy and enthusiasm, but ensure that you have some action items on your personal wellness "to do" list. Work-life balance is a great thing!

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