WELLNESS FOUNDATION

Staying Healthy AT HOME

PLANNING FOR PRODUCTIVITY VS. PERFECTION

Do you find that you're often overwhelmed by all the things you feel you could, should, or would do if there was more time? **While there are certain things that must be done each day, many more items could be checked off the list if doing them "well enough" was considered to be OK.**

For example, cleaning out the garage has been on your mind, and every time you go in there you feel stressed by the boxes and clutter. However, maybe you've been waiting until you could find a whole day to commit to it. Odds are that day might never arrive—what's more realistic and effective is to commit to just 10 minutes to start. And the next day, commit to a little more time.

A large part of becoming healthier and more productive is about letting go of the idea of "perfect." This doesn't mean doing a poor job, but rather, realizing that doing something is better than doing nothing. Remember, the majority of stress is caused by feeling out of control. Taking action will help you to feel more in control and to move in a positive direction.

Whether it's the project you've been putting off, the friend you've been meaning to call, or the exercise routine you've been wanting to start, **instead of waiting until conditions are just right (which they likely never will be!) you can empower yourself by taking some action, even if it's very small.** The more you can get into the habit of taking some small steps each day, the better you'll feel.

Do what you can—maybe you can't exercise five times a week like you would in a "perfect" world, so ask yourself what you can realistically do. Often times we don't bother doing just 5-10 minutes of something because we think it won't make a difference. But it does! Not only does it add up, helps you build habits—and those go a long way. **Never underestimate the power of doing even a little bit—a little is so much better than none!**

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