QUICK TIPS – *Re-Energize Yourself*

We need to remember that there is a natural rhythm to all things.

Light yields to darkness, yields to light. The seasons progress with predictability. When tired, animals require sleep. Fundamentally, this is the *renewal* process.

For many managers and employees who are challenged by endless priorities and demanding workloads, there seems to be an insatiable expectation to deliver consistently high performance.

Extraordinary performance, however, cannot be sustained indefinitely. Our batteries must get re-charged. *Down-time* is imperative for renewing and re-energizing one's self – physically, emotionally and intellectually.

Use Your Vacation Time

This is an excellent time of the year to get away from work and undergo a personal renewal. Turn off your cell-phone, computer and all other electronic devices. Become inaccessible. Rediscover that there is enrichment in life outside of work.

Play in the garden and get your hands dirty. Go camping or canoeing and rejoin with nature. Travel around and experience different people. Spend time with family and friends. Read a book or go to a movie. Slow down and just relax.

When you take a vacation, you can disentangle your mind from the details and mechanics of work. A mental and physical vacation allows you to stop worrying about the minutiae. It creates an opportunity for you to explore a broader perspective and capture a new vitality.

Return To Work Refreshed

Returning to work after a vacation, one generally exhibits new freshness and enthusiasm. Performance immediately spikes up and new solutions may become evident for long-standing problems. In a sense, both you and your organization benefit from your vacation.

If, however, you believe that your workplace can't function in your absence, then you're either suffering from a deluded opinion of your own importance or you're not managing things very well. If it's the former, then test out your theory, by taking a holiday. If it's the latter, then you really do need our assistance. But please, don't call while I'm on vacation.