

## When Less is More

Life can be very stressful and because of the type of world we live in our own stress levels can sharply increase. This happened to me today. I noticed that I was rushing about a lot and feeling very frustrated with myself because I did not have enough time. I wondered where my time had gone. I have achieved a lot and yet, I found I was still not happy with myself. Why I had not achieved more, I asked myself.

We play many roles in the course of a day, mother, father, son, daughter, aunt, uncle, brother, sister, friend, grandparent, employer, employee. We are so many different things to so many different people. We spread ourselves very thin, and sometimes when we do this consistently and over a period of time, we become ill. Remember we all have a responsibility to ourselves to insure that we look after ourselves, and that sometimes we must become our own priority. Many of us have been brought up to believe that you must always put yourself last; I am not that is such a good idea! If the carer, parent, employer etc. does not care for themselves, how effective can they be at the task they hope to excel at.

We set very high standards for ourselves sometimes, and we beat ourselves up when we do not get it perfect every time. Again, because we are human we are not always going to get it perfect.

The question I put to you today is, "Can you lighten up on yourself when you do not get it right?" We are so good to forgive others but, can we forgive ourselves for the times when we do not reach 100% or get an A+ at the very high standard we set for ourselves.

Now as I am slowing down and accepting that there is only so much of me to go around, I realise I cannot be all things to all people. I have chosen to prioritise the important tasks. I will not achieve everything I set out to do some days. My learning for me is that I did not have any order or structure to what I wanted to achieve today. However somehow, I believed it would all work out in the end. Some days it does, some days it does not. On the day that it does not happen that is ok. I have done a lot; there is tomorrow and the next day. The important and urgent tasks today were achieved and the other not important and not

urgent tasks were not. That's ok they perhaps they will be done when *they* become important and urgent.

Therefore I think it is very important for us to be aware and remember that because we are human we are very limited in what we can achieve. Can we forgive ourselves and lighten up a bit and enjoy being human. Accept the frailty that being human can bring. Some times we are like a piece of china, we are vulnerable and fragile, and we can break easily. I think it is good when we can recognise this and say to ourselves "I am frail today, there isn't a lot available so I will use wisely the energy I have today and hope with some good quality rest that I will feel better tomorrow. Tomorrow I will give it my best shot, and my best shot tomorrow is my best shot, what ever that is.