

NO RUSH



Finding contentment might mean concentrating on one thing at a time.

FOR those raised with the protestant work ethic, which strangely has been adopted by many non-protestants, rest or play only comes after all the work is done.

The problem is we have high expectations as to what we can achieve, and there is always something else on our list.

There's always another task at work, drawer to clean, list to tick off.

Having this sense of constantly striving and, at the same time, not having things done, can lead to a feeling of always being behind.

Author Leo Babuta suggests that the antidote to this state is to slow down, simplify and to choose to build a sense of contentment.

By slowing down, Babuta means being mindful, present and asking in the rush of each task: "Is there really a need to rush to the next thing? Can I stay and be present with this one thing? Or do nothing for a little bit?"

He suggests that rather than trying to manage our fears and the feeling of being behind, that we instead just sit with that feeling.

If we get used to that feeling, we are less likely to be driven to achieve in order to rid ourselves of the feeling.

Simplifying is understanding what can realistically be achieved and getting better at doing one thing at a time, while letting everything else go.

Contentment means accepting that everything can't be done - it's impossible - but we can bring more contentment from our focus on the task we have before us.

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