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Weekend
detours

Avoid Christmas burnout

Not every task on the 'to do' list needs to be done by next week ... grab a rest

IT'S now only a week until Christmas Day but a few days ago I found myself wondering if I was going to make it.

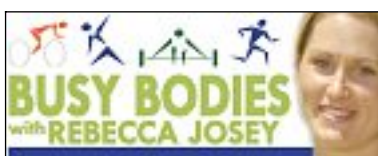
Like many people at this time of year I have been pushing myself relentlessly to get everything done before year's end.

In addition to a full work schedule and various other deadlines, there is also the Christmas shopping to get done, season's greetings to be sent, lights to go up and a house to be made fit for family celebrations.

Until this week, I had myself convinced I could sustain such an unmanageable workload because "it's only another three weeks, two weeks, one week then I can have a holiday!"

But what's the point at arriving at my holiday so drained and void of physical and mental strength only to spend a good part of it recharging to get ready for work?

What's the point of the family arriving on Christmas Eve to an immaculately clean and festively



decorated house and a host curled up in the foetal position softly snoring?

Something had to give. So this week I took the unprecedented step of cancelling an afternoon's work.

As much as I would like to believe that the lives of those clients would not go on without their training session with me, it's simply not the case.

Sometimes we put more pressure on ourselves to perform than anyone else can, which is especially true for solo business owners.

During my afternoon off, I took a couple of deep breaths, a big glass of water and grabbed an hour of good quality sleep.

Then I booked myself in for a massage, a manicure and some other

beauty indulgences.

I also reminded myself that it is only the year's end, not the end of the world.

Not every task on my "to do" list needed to be done by next week.

It's amazing how much more productive you become when you don't feel like you are being pulled in a million directions.

Prioritising and then calmly focusing on one task at a time boosts creativity and productivity.

So, with my energy somewhat restored and a much shorter task list to tackle I am confident I will not only make it to Christmas Day alive but with the energy to make the most of it.

Bec Josey is a journalist and qualified personal trainer. Bec now supports others to get in shape for life as well as events and can be contacted at on 0424 080 321 or via perfect.fit@bigpond.com. For more information visit www.perfect-fittraining.com.au.



TAKE IT EASY: It's always good to take a couple of deep breaths, a big glass of water and grab an hour of good quality sleep. *Photo: SOURCED*

Christmas is leaving a treat for Santa.

A SANTA PHOTO from Stockland means the children can relive the excitement of Santa coming day in and out! Get yours at the Centre Court from Saturday 4 December to Thursday 23 December.

Sat 11 Dec..... 10am – 1pm & 2.30pm – 3.30pm Fri 17 – Sun 19 Dec..... 10am – 1pm & 2.30pm – 3.30pm
Mon 13 – Wed 15 Dec..... 10am – 1pm & 2.30pm – 3.30pm Mon 20 – Thurs 23 Dec..... 10am – 1pm & 2pm – 5pm
Thurs 16 Dec..... 10am – 1pm & 2pm – 6pm Thurs 23 Dec..... 9am – 4pm Collection of Photo's Only



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Corner Philip Street & Dawson Highway, Gladstone Tel: 4978 1944 Fax: 4978 2940 www.stockland.com.au/gladstone

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