

## INTEGRATION ACROSS THE LIFE CYCLE WE NAILED IT!

*All year long we looked at why an integrated approach to work and life is possible (and sometimes challenging) ... this summer's July and August newsletters will provide you an easy way to get a quick recap!*

We launched our season with **Peter Senge**, discussing his powerful book, *The Fifth Discipline*. Together we explored why the crossroads on the road to integration may feel challenging, but how the choices we make can also help promote the changes we want to see in the world.

Then **Brigid Schulte**, author of *Overwhelmed, Work Love and Play When No One Has the Time*, and **Alex Duran** one of ThirdPath's board members, shared insights on how you can develop great work life integration skills right from the start of your career, and why this is good for you AND your organization. And it can set up good habits for a life time.

Want to listen again? We have [YouTube](#) recordings of this season's webinars.

In December, **Kyra Cavanaugh**, joined us to discuss the opportunities and challenges of creating flexible workplaces that truly support success at work AND success in life. Yes, flexibility is key. But did you know win-win boundary setting is also essential for an integrated life, and good for business too? Listen today and learn more.

Want just the audio version of the webinars? Download the

season from [iTunes](#).

In January **Katrina Alcorn** joined us to share her personal story of hitting rock bottom when she and her husband tried balancing two demanding careers and the care of two young children. Listen to the webinar to discover the road she traveled to find more joy. You'll also learn important lessons for avoiding becoming maxed out as a new parent.

No matter what stage of life you are in a great way to reduce overwhelm and increase creativity and effectiveness (both at work and in life) is to take a pause. Read on for 8 great ways to take a pause and create a more satisfying approach to integrating work and life.

Thanks for being part of the growing, vibrant, inspiring ThirdPath community!

/Jessica and the ThirdPath team

***PS - Combat overwhelm and increase creativity by doing some of your work outside. Check out these [outdoor co-working spaces and free handbook with tips for combining work and the great outdoors](#).***

# Pauses Increase Happiness and Effectiveness

*As Joe Robinson, author of, Don't Miss Your Life, points out... "Satisfying work and a well-lived life are the result of thinking, assessing, and having the attention to create a better pathway forward."*

The following are 8 different beneficial pauses, big and small, that Robinson suggests we start implementing today to create a more satisfying tomorrow.

## **1. Big Picture Pause**

Set aside a chunk of time, say, 30 minutes this week and then once a month, to think about where you're going at work and life this year and why you're going there. What are your work goals? Life priorities? What's missing from the picture? What do you need to change? How can you do that?

## **2. Work Effectiveness Pause.**

Review tasks and identify ones that are frequent bottlenecks and time-wasters. How could they be adjusted for less stress and more effectiveness?

## **3. Priorities Pause**

Set aside 10 minutes at the end of the workday or at the beginning to map out the top five tasks on your list for today or tomorrow.

## **4. Balance Pause**

Each Friday, take a few minutes to assess the state of your work-life balance. Are you out of whack? What needs to happen to have a better work-life fit?

## **5. Recharge Pauses**

Fatigued brains look like ones that are sound asleep. Pause when the pressure peaks, you're stuck, concentration fades, the daydreaming begins. Take a walk, listen to music, or plan your weekend to build up energy and cognitive resources again. **See more tips [here](#).**

***Do you want support putting these ideas into practice?***

**Join our next OMG! Overwhelm Mitigation groups, read on for more information.**

***It turns out overwhelm isn't just bad for you, it's also bad for your organization AND your family.***

Our work with pioneering men and women following a 'third path' - an integrated approach to work and life - has helped us design a unique set of tools to better manage our 24/7 world. Let us help you begin mastering these skills today.

**Join our next OMG! Overwhelm Mitigation Group!**

For more information, email us at: [Time4Life\(at\)ThirdPath.org](mailto:Time4Life@ThirdPath.org) Subject: OMG!

Or get started today! Read Brigid Schulte's book, *Overwhelmed, Work, Love and Play When No One Has the Time*, then use our [reader's guide](#) to see how Brigid's lessons help us become more effective at work and make more time for love and play.