

Push Back at Overwhelm!

It turns out committing to our lives outside of work, helps us find more effective ways to work. Take a look at the below questions, which one better describes you – the one on the left or right?

To assess how overwhelm is impacting you, rate the below descriptions 1-5. Which best describes you?

1= Left option describes me 3=I'm a little of both 5= Right option describes me

My work routinely spills into evenings and weekends.	1 2 3 4 5	Most evenings and weekends provide a chance for me to recharge.*
Evenings and weekends are the only time I have for quiet thinking work.	1 2 3 4 5	I have routine time during my work week for quiet thinking work.
Sometimes the whole day disappears before I'm able to take a break from work.	1 2 3 4 5	I take breaks between tasks, sometimes even taking a walk outside.
My list of "most important work" keeps changing and/or getting longer.	1 2 3 4 5	I know what my most important work is, and what I can complete more slowly.
Every day, week, month feels as busy (or busier) then the last one.	1 2 3 4 5	Either predictable and/or unpredictable, I have times that are less busy at work.
The stress of work spills into home and creates frustration and resentment.	1 2 3 4 5	We have routines at home that help us cope with busier periods at work.
I am often distracted by thoughts about work during non-work time.	1 2 3 4 5	More often than not, I am able to fully turn off work when away from work.
Work is so draining I don't have time for a number of important life tasks.	1 2 3 4 5	I have time and energy to do the life activities most important to me.
I have no time to implement new ideas for becoming more efficient at work.	1 2 3 4 5	My team members and I use slower periods at work to address inefficiencies.
When sent a curve ball, I quickly begin to feel overwhelmed.	1 2 3 4 5	I have time to stop, reflect and respond creatively when the unexpected happens.
The spillover of work while on vacations makes me doubt the value of taking one.	1 2 3 4 5	Vacations help me recharge and gain a clearer perspective of what's important.

* Careful: Evenings and weekends can also become exhausting from too many family commitments.

Score - 40 to 55: Good for you! Your commitment to your life goals has made you a better worker.

Score - 26 to 39: Take a look at your low scores, are these something you'd like to change?

Score - 10 to 25: There is a better way. Let us help you learn. Join our next OMG 12-call series.

Everyone benefits when we push back at overwhelm – you, your family, your work.

Want inspiration to make change? We are here to help! Join ThirdPath's next OMG 12-call series.