

# Live your Inspired Life

Low FODMAP Diet Coaching

## Week 4 - Time for Self

*When someone asks you how you are, do you answer with:*

- “I wish I had more time for myself.”
- “I’m so busy I can’t think straight.”
- “I need more hours in the day.”





# Burnout

Most women today try to fit too much into their lives and end up stressed and burnt out. Add health problems to the mix and you have a disaster waiting to happen. Everyone wants a piece of you and you are too keen to please and hate letting anyone down. So you juggle a whole lot of responsibilities, real and imagined, and have no time for yourself. You are probably in the mind-set that expecting time for yourself is selfish. This all leads to feeling frustrated, tired, overwhelmed and out of balance. What that means is that you are no good to anyone. You are always a few steps behind, grumpy and can't give your best to anyone, let alone yourself.

## *Divided Attention*

Not only are you thinking about many things at the same time, recent Harvard research indicates that you're thinking about something other than what you are doing in the moment at least 47% of the time. This leads to a wandering mind which means you are giving only half your attention to what you are doing. When your life is guided by thoughts about things you have to do or things you have done, you will likely fail to focus on the present. This causes stress and unhappiness. It leads you to feel angry, cranky, frustrated, disappointed, depressed and lethargic.

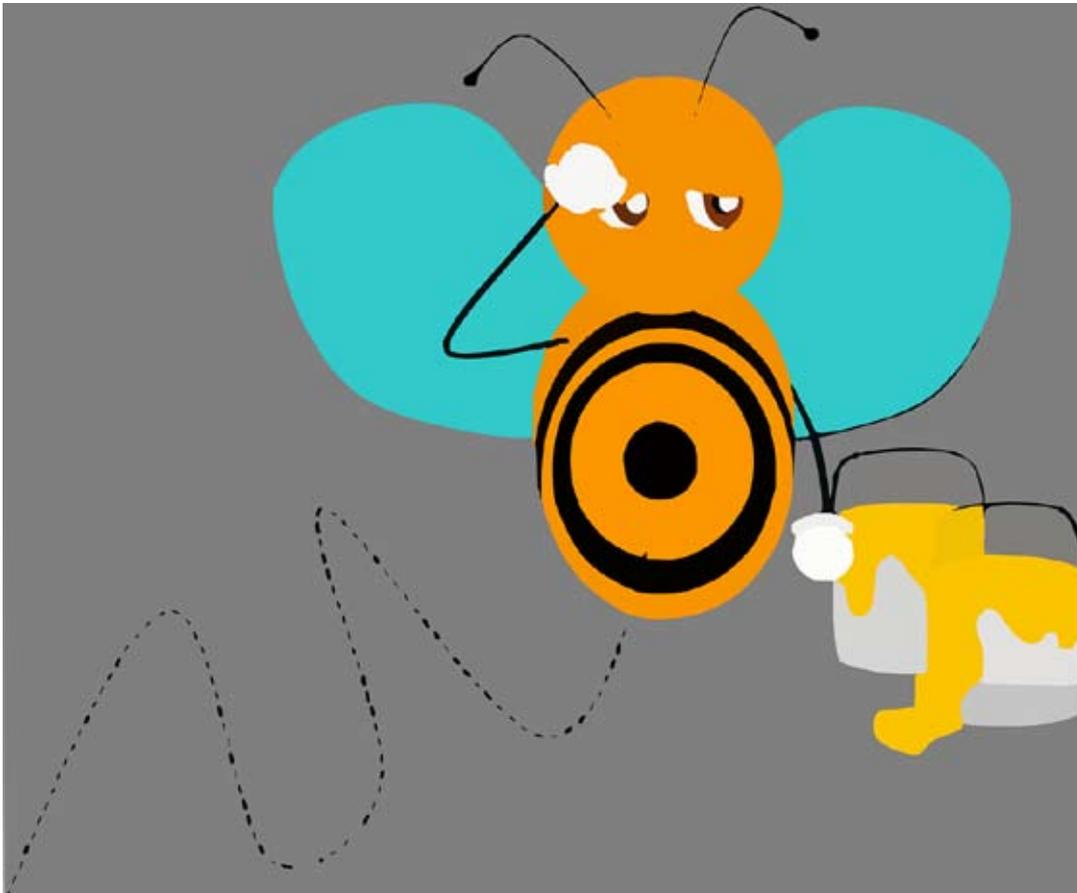
You have to stand up for your happiness at all costs and acknowledge your happiness as your number one priority! If you are not happy or at least calm, how are those around you, your family, colleagues, friends, feeling?



## *20 or 30 mins a day*

### *Your exercise this week:*

1. Admit your happiness is important
2. Acknowledge creating time for yourself is essential
3. Work out what is wasting your time. How many times a day do you check your emails, go the supermarket each week, do errands that could be grouped together? Learn to say “no” to requests to do things that you don’t really want to, don’t value or that don’t bring you satisfaction. If you have a long to-do list, how about scrubbing it and starting again. I bet you won’t even remember half the things on the list that were cluttering up your mind every time you looked at it.



4. You have to get over the mentality of, “If I don’t do it, who will?”. Ask for help from others around you to do chores and then expect them to do it. Unload the jobs from your list and trust others to do them for you. Don’t relent and do it yourself.



5. Stop trying to carve out time for yourself, change your way of thinking and create the time and make an appointment with yourself before anything else. You are your first priority or you won’t be fully present for others.



6. Decide on an activity that makes you happy and fulfilled, that is just about yourself. This will be individual for each person, but I am sure there is something you have always wanted to do but never found the time for. Now, you are going to make the time. A dance class, surfing, writing in a journal, collecting butterflies, taking a walk alone, a bath, watching movies all alone? Think of something that will make you feel rejuvenated, relaxed and happy.



7. Create a daily ritual and schedule your time for self, perhaps in the morning before anyone else is out of bed, and practice that activity for 20-30 minutes everyday





You might ask if your daily exercise routine is time for self. Only you can answer that. Is exercise just something to get over and done with so you can cross it off your list? If so, then you need separate time for self. If you love your exercise routine and you feel renewed, refreshed and relaxed afterwards, then maybe you can combine the two.

*Now, go and play!!*