



Distractions Can Harm Us

By Dr. Linda Hancock

ABOUT THE AUTHOR

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Anne Katherine who is an author, screenwriter, ghost writer and retired therapist stated: "When we clutter our minds with imagined obligations, unnecessary activities, and distractions that only kill time, we dilute the power of our lives."

It is so easy to just focus on things that are fun while ignoring the basics of life for which we have responsibility. When you spend more than you earn, for example, it won't take long until you are facing financial problems. As a business owner, I know that going away from the office on a trip costs me in three ways. First of all, I have to pay for my travel and accommodations. Secondly, I still need to pay staff who will answer phones and deal with clients during my absence. And, thirdly, because I am self-employed, I don't have any income while I am gone. Because of this, I am diligent about planning my schedule and time off.

If you have noticed that your financial situation is deteriorating it is time to make a plan. You either have to earn more or spend less. Perhaps a combination of these two actions will be most effective. Make a list of all of your debts and payments. Are there any that you can eliminate or reduce? Are there things that you can sell to reduce your debt load? How could you increase your income? Doing this will get your brain working towards solutions.

Some people let the "shoulds" of life set their agenda. They think that they should help others but sometimes they are working harder than or giving more than the ones who are benefitting. They do not balance meeting the needs of others with ensuring that their own needs are met in a healthy way. They are so busy investing their time, energy and money into helping other people that they ignore cleaning their house, paying their bills, practicing self-care or building their career.

It is time to take a personal inventory. Look at your house, car, office and bank account with new eyes. What are the things that you have neglected? Make a list of all the things you could do to organize, clean things up and improve these four areas of your life. You don't have to fix everything right now but make a commitment to do one thing a day. In one month you will have crossed thirty items off the list!

Distractions are rampant in society and can steal our focus - if we let them! But if we neglect areas of our personal life, we can slip into a state of overwhelm.

On the other hand, if we focus on the things that are in our circle of responsibility we will soon feel like we have recovered control, enhanced efficiency, rebalanced finances, improved reputation and built a healthier life.

Just three steps:

1. Objectively analyzing
2. Developing a plan
3. Taking action