

Change Your Reality

Working in schools can be stressful!

These articles are intended to help the great people who work in schools.

Key points

Life is about perception

The best way to avoid Burn Out is to pay attention to all aspects of a balanced lifestyle

Whilst most people are uncomfortable with change, it may be what you need

If you feel your work is meaningless and you aren't getting enough job satisfaction, change the way you view your job or change your job.

“Life is really simple, but we insist on making it complicated”

Confucius

Life is really not about reality. It's about our perception of what is happening around us and to us; what we say to ourselves about it; how we view it or feel about it. That's the beauty of the human brain - we have choices. We have options in terms of how we behave, respond, think or change in the face of the stresses in our lives.

Most of us are lacking in energy and vitality, feeling overwhelmed, constantly exhausted, and having massive sense of humour failures! It's called 'Burn Out.'

The best way to avoid the big B.O., is to have a balanced lifestyle—exercise regularly, eat well, sleep at least seven hours a day, laugh a lot, relax, see friends, enjoy our work, have regular holidays, be grateful for what we have and have great relationships that support us. But you already know that!

To really allow our body and minds to recover from 21st century life and to find balance, we need to pay attention to all aspects of our lifestyle. Many times that means making long-term, difficult (and often dramatic) changes.

In a rather bizarre experiment, some researcher somewhere dropped a frog into a pan of boiling water. Of course, the frog immediately jumped out. The researcher then put a frog (I presume it was another frog!) into a saucepan of cool water and then gradually increased the temperature. The frog, adapting to the slow change occurring around it, allowed itself to be boiled to death. Now that's not a happy story, but it definitely demonstrates that sudden change may have its advantages!

Most people are uncomfortable with change – yet sudden change may be the very thing that saves your life! If we are not making the changes we need, so that we can reconnect with our heart and others – life has a very effective way of forcing change on us.

If we can keep our head and our hearts connected while life swirls around us; if we can stay connected to ourselves, be aware of how we are feeling and deal effectively with those feelings, then we can be more emotionally intelligent. This awareness will help us make the decisions to make the changes that will help to find the balance we crave. This means staying sane in the midst of chaos!

For so many people who now HAVE to work AND raise children, assist with aging parents and deal with the other curved balls life throws at us, work can become another thing that drains our energy.

If you feel your work is meaningless, if there is little or no job satisfaction in what you do or if work disconnects you from yourself, then find some way to change things. Either change the way you view the job and create some meaning in it, or change the job.

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A communications and performance expert, Amanda Gore uses the science of the heart, and the principles of emotional intelligence and neuroscience, to help people achieve the results they need by getting people engaged in, enthusiastic about and aligned with corporate goals and vision. Author of four books and numerous videos, Amanda has a degree in Physical Therapy, a major in Psychology and expertise in physical therapy, group dynamics, neurolinguistics and occupational health.

