Disconnect With The World To Reconnect With Yourself

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ARTICLE

Have you ever considered someone who seemed to have their life together and wondered how they do it? They make it look so simple, don't they? Somehow, they manage their work and social life just fine and still have time for family. What are they, some new kind of human being who has evolved to some higher level?

Not at all! In fact, people whose lives are in balance are a lot like you. The biggest difference between their life and yours lies more in their habits than anything else. Consider these things and see if any sound familiar.

**Media Overconsumption**

Are you staring at a screen a lot during the day? While it's not harmful to check email, watch videos or stream the latest shows, it's easy to let these activities get out of control. After all, the internet is designed around the idea of keeping you engaged, especially when it comes to social media or streaming sites. This idea of 'staying connected' can quickly knock us off balance and keep us there. Who has time for anything else with so much going on?

The fix? Map out some "technology downtime" throughout the day to concentrate on other things. Even an hour offline will greatly affect your ability to focus and get things done.

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**Saying "Yes" to Everything**

We tend to think being agreeable to things is how we will get ahead. Unfortunately, a habit of being agreeable to fit in keeps you from getting things done for yourself.

The fix? Practice setting better boundaries. Decide at the start of each day what's important for you to get done today. Be protective of your needs and only say 'yes' to things you really want to do or things that directly benefit you. A new habit of saying 'no' might also serve you well here.

**Self-Neglect**

Let's face it, self-care is hard work. It would be best if you committed to spending time and energy eating right, getting enough sleep, and partaking in regular exercise. Sadly, many habits are formed out of doing what's quick and easy over what's good for you, and these things are often neglected, putting your body severely out of balance in this regard.

The fix: Make a commitment to taking care of yourself. Try building new habits around each of these things to ensure proper health.

*Remember, anytime a habit is keeping you from doing something good for you, it's time to consider a change. Think about what you want to do in your day and work to build habits that will maintain this balance. With a little attention, you can rebalance your life in no time.*

For more resources on this topic, visit [212-Careers](#).

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