

## **Daily Doga Inspirations for you and your dog**

Shaky Scales – Balancing and Renewing

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*Taking time to renew and check the scales of balance is a good thing!*

After ten years, that's right TEN, we took a REAL vacation AWAY. Not the kind where you tell friends and family that you are on vacation, taking day trips, doing stuff at home. That can be relaxing too, but it is not the same. After interviewing several people, I was enlightened to hear that many people opt out of vacation whether self-employed or working in corporate. They retain their vacation time because some companies make them use it for sick time.

I have been working since I was 14 (PT). When I worked in corporate, (20 years), I remember having up to 4-weeks vacation, plus 10 days sick leave, and 3-days bereavement. We had a lot more holiday time off too. What is happening with work life in the USA? I say USA because there are some countries that understand that employees who are well-rested and given options are more productive. How many hours a day can a person truly be productive anyway? When I was in corporate, it was about 4-5 hours. The rest was spent wasting time in meetings (zoned out), fixing broken printers, on the phone troubleshooting the west coast problems, planning business travel, socializing, or checking the calendar for the next holiday. The rest of the time ... BORED. Rested employees increase customer satisfaction. If you haven't read [\*Give and Take\*](#) by Adam Grant, worth a look-see.

Times have certainly changed, but one thing will never change. Regardless of where we choose to work, our energy and well-being will become shaky (personal and work) without time off to simply renew, whatever that means for you. Take stalk, and stop shop talk, especially when you feel like nothing is making any sense at work, at home and with our dogs!

Dogs suffer from sensory overload too ([\*Awareness Centered Training – ACT\*](#)). I share tips about transitioning our dogs to a new environment, like we did on vacation this year, making it less stressful for them! Turns out - WE needed more help than the dogs to relax! The dogs are resilient and adjusted quite well. Teaching ourselves to relax, turn off electronics and enjoy peace and quiet ... not so easy. After two days, we did it. It takes about that long to figure out what our educated bodies do for us on a daily basis. Our bodies (and minds) withstand a lot, going into automatic. Like a motor left running, eventually it runs out of gas. Structure is good and bad at the same time. It keeps on track and energized, but too much of it, for too long, and poof, we are exhausted, making dumb decisions, saying jerky things, and getting sick. ***Like a bucket, if we get too filled, things begin to spill over.***

Here is a good metaphor: Picture a balancing scale - the old fashioned kind. We can't take our stress and plunk it on a digital, but we can imagine a scale of balance. Label it if you like - good/bad, relaxed/stressed. Life and living will present changes/stress and the scales will become unbalanced. With resiliency and awareness, we can handle that. What to be aware of is when those scales are shaky for long periods - right in the middle teeter tottering - OR completely off-balance where the stress (yuck) scale is so overloaded it's touching the ground, while relaxation is hanging, out of reach, from the ceiling. Come back – Come back. ***Picture helium balloons*** - mark them with all the things weighing you down, and start letting one or two go at time. Keep the renewing one in a bright color and don't let go. That's an important one.

What I discovered is that no-one can decide how much or little we can handle. Only we can do that. After nine days of being away, well, guess what? We forgot what we were missing. I don't know if that's good or bad, but - where's my calendar? I have to schedule renewal time. Be well,

*Let dogs relax too -- they deserve it ...*

*Enjoy the Journey ... breathing in ... nose-to-navel, ah-ha!*