

Wellbeing Awareness Generator

Over time, it is possible to get used to feelings of tiredness and stress and we may not notice the impact of it on our work and lives. An incremental downward trajectory in our health and productivity can take place outside of awareness. It is easy to just get used to feeling below par and to automatically rely on less than effective methods of compensation for this.

Generating some active awareness in the form of the exercise below can help us shine a light on some of the typical experiences, thoughts and feelings that can occur as a result of ineffective detachment from work. Check the box next to each statement that applies (fully or partially) to your current experience and make some notes and observations in the spaces provided about how and when you feel this way.

Once you have generated awareness (your reality check) refer to Chapter 3 and use the Active Awareness exercise to help with intrusive work-thoughts. Chapter 3 can help you to effectively learn the skills to support detachment from work and get you back to full productivity.

I wake up feeling tired

I experience intrusive thoughts about unfinished or complex work tasks

I find it difficult to take regular breaks in the day

I sacrifice out of work activities and downtime to get work done

I feel guilty about the impact of work on my family and friends	
I skip meals and/or eat less healthily than I'd like	
I think about work last thing at night and first thing in the morning	
I experience physical discomfort due to work (sedentary or active)	
I get to the end of the day without having been outside (other than my commute)	
I worry about work, family, health, and many other things	
I feel overwhelmed by all there is to do	