

Combating hurry sickness

By Jeff Davidson

Bob W., age 38, works for an accounting firm of off Route 421 just north of Siler City. He is friendly, successful, and always in a rush. He talks fast, moves fast, and eats fast, and never lets up. Bob is hooked on being in a hurry.

Many professionals, particularly executive-types and career climbers, suffer from what Dr. Bruce A. Baldwin calls "hurry sickness."

Though you may be relatively comfortable in your position, do you hurry to get to the next meeting, hurry to stay on top of the next project, hurry to conduct the affairs of your day?

A pervasive sense of urgency

The misdirected sense of urgency stems from far too many responsibilities and tasks as well as information and communication overload. Baldwin says, "hurry sickness is a pervasive sense of urgency that is concerned solely with completing tasks, without regard to other aspects of experience." If you supervise others and they always seem to be in a rush, maybe it is because you are.

At times it is appropriate and fitting to be in a rush. It is a problem, however, when it becomes a standard operating procedure. No one works best at break neck speed. Worse, it is easy to lose sight of what you want to do with your life if you are always in a state of constant frenzy.

Notice and Act

If you find yourself falling into "hurry sickness" type patterns try these remedies:



your car is a loser's game.

■ Arrange regular meetings with co-worker to discuss how everyone can be more efficient without rushing. Continually focus on the big picture of what you're trying to accomplish. Often, new solutions to old problems will emerge and activities that seem urgent can be viewed from a broader perspective.

■ Furnish your offices with plants, pictures, and art or decorations that inspire creativity and holds brain thinking.

■ Take a 15-minute break, once during the morning and once during the afternoon.

■ Don't eat at your desk — get away so that you can recharge your battery.

■ Invest in time saving technology that offers you a significant return, i.e. pays for itself within one year or less, and saves at least two hours a week of your time.

■ Never be in a hurry while driving, especially on company business. Trying to make up for lost time in

Jeff Davidson is the work/life balance expert for our time-pressed generations. He wrote "Breathing Space" and the "60 Second Procrastinator." Visit www.BreathingSpace.com or call 800.735.1994 for more on Jeff's keynote speeches and seminars including "Managing Information and Communication Overload" and "Prospering in a World of Rapid Change."

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