

Besting Our Frenzied Existence

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By Rachel Duran

Jeff Davidson says there are five mega realities of humankind's frenzied existence, which includes a constant bombardment of information, and an overabundance of choice. "Even if you follow the best of time management principles, you still feel time pressed," says Davidson, the author of several books including *Simpler Living*. He is also the founder of the Breathing Space Institute. So, how can you manage the realities? A crucial step is to marshal your resources. Accept that you can't achieve a life and work balance all of the time. "The important thing is we can continue to get back to a place or moment where we feel we have control and some satisfaction before we get hit with more stuff," Davidson says. "If you can muster resources that are equal to the challenges you face, obviously you will be in relative balance."

The resources include tapping into the skills you weren't aware your staff possesses. Refer to resumes to uncover the capabilities in your existing employees. Engage subject matter resources such as librarians, particularly at business schools. Reach out to students and retirees within your immediate surroundings. And utilize your professional networks for real answers instead of sharing vacation photos with them. When you match the challenges, Davidson says you can expect wealth, prosperity, profits, free time, leisure, and increased market share, for example. "When you continually identify and assemble the resources that are more than a match that you take on or have been assigned then you will be one of those people who consistently experiences a work-life balance," Davidson says. "Not all of the time, but enough of the time." For complete details about the mega realities and solutions to the challenges, visit www.breathingspace.com.