

## COLLABORATIVE LIFE COACHING

May 2009 Newsletter

By Jeanne Erikson, PhD



### Getting Your Activity Level “Just Right”

In today’s society and economy we can have a Goldilocks dilemma. There are literally hundreds of activities we can add to our life at any given time. How can we tell when we are doing so little our schedule is “cold” and boring? When do activities become a burden and your schedule gets so “hot” it about overloads your electronic calendar? Perhaps these guidelines will help you get it “just right.”

A wellness activity should meet these four criteria in your life:

- 1) Creates optimism and hope. Will the activity lift you up and make you happy?  
You could spend more time playing games or sports with your child, hang out with your children’s friends, take dance lessons, or take your grandchildren fun places. Great activities make you laugh, or at least create a sense of well-being. What could you do that brings you joy?
- 2) Teaches satisfaction through incremental learning. The best activities have longevity, propelling you through ten or more years of focused effort. The porridge that "sticks to our ribs" will teach young people the value of higher education and job promotions. For adults, it creates resilience through marriage, health, and career problems. What do you love enough to do for years and years? Is it singing? Racquetball? Running? Biking? Fishing or hunting?
- 3) Instills teamwork and cooperation. The synchronicity of body language when humans play basketball, sing in a chorus, match strokes rowing a canoe, play doubles tennis, or build a fire together is a wonder to watch and experience. Everyone involved in group activity gains something that strengthens their spirit and lessens strife. If you can’t do any of these things, spend a day working with a team volunteering on a Habitat for Humanity build. Be a part of something bigger than what you can do alone!
- 4) Presents a retreat from daily responsibilities. A high-quality activity engrosses you to the point that you feel transported at times to a “vacation” spot. Yoga, TaeKwanDo, tennis, piano playing, golf, and lap swimming can have this effect. Where do you get “in the flow?” Remember, this sense of serenity usually only comes only after building skills, so you will need to boost yourself- or your child- beyond the “learning curve” to reach mastery.

I wish for you all a Summer full of activities that are “just right”. Try at least one new thing, and have fun!

To your wellness,

Jeanne Erikson, PCC, PhD,

[CollaborativeLifeCoaching.com](http://CollaborativeLifeCoaching.com)