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YELLOW

FOCUS - PRODUCTIVITY - FREEDOM

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PAUL HOLBROOK

MANAGE YOUR WORKING DAY

when working flexibly

Embrace Your Inner Child

+

PODCAST & YOUTUBE

Top Content For Inspiration

Anxiety, A Laughing Matter

An October Only Challenge - do you accepy?

Editor's Note

We need play and laughter now more than ever. It gets us through the darkest times. *Laughter plays a crucial role in every culture across the world. It is the only language that unites us all. Making light of a crisis, a well-timed, well-aimed joke is just the thing to keep us hopeful. Humour and playfulness help us acknowledge the dire challenge we are in and release tension to give us strength.*



But how can you express your humour when alone, at home, without your colleagues? Instead the days have been filled with more work and you've felt productive. So you've kept up the momentum until you couldn't work any more. You're exhausted.

Not only do you struggle to bring the humour to the party, you are now struggling to find the energy to be playful. The isolation has removed all the joy from life as we know it.

This edition is to wake you up to what you are missing from your day. To ignite your playfulness, to laugh and have me-time. Thank you to all the contributors for October 2020 Edition.



TAMMY WHALEN BLAKE
Editor-in-Chief



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UNLEASH THE PLAYFULNESS

Colour in the picture and enjoy the creative process

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BEST PODCASTS & YOUTUBE CHANNELS

Guiding professionals and business owners to rewire the overworked-mindset, to gain balance in life, without sacrificing success

HOW TO BETTER MANAGE YOUR DAY WHEN WORKING FLEXIBLY...

If you want to better manage your day when working flexibly, there is really only one very simple thing you need to do...spend less time working!

Not what you were expecting? Well, hear me out and I'll explain why.

Cast your mind back to the beginning of the pandemic when you were asked to work from home? Did you notice your productivity shoot-up overnight, like someone had flicked a switch?

You probably got up at the same time as usual and commuted to your office. However, your office was probably within a few feet of where you woke up, so your commute was MUCH shorter and you probably worked the extra time you gained. And the same thing probably happened at the other end of the day, too, so it's hardly surprising you got more done

Did you continue to turn out work at an unprecedented rate or did you start to run out of steam after a few weeks?

Perhaps you started to miss out on your exercise, then maybe you started finishing work earlier and earlier until eventually, you had to take a day off in the middle of the week because you'd simply run out of head-space to work. What was going on?

You were burning out!

Before lockdown, you were out of the house as much, but you weren't getting burned-out then,



so what was really happening? The only difference between pre- and post-lockdown was the time you spent commuting, walking to meetings, meeting people for coffee and interruptions.

Believe it or not, those differences gave you an opportunity for 'mental rest' during your working day, something that has been removed since lockdown.



Parkinson's Law says

> ***'Work will expand so as to fill the time available for its completion' and that's what was happening before lockdown, and it's what happened since lockdown.***

I decided to turn things on their head and created an alternative to Parkinson's Law, 'Reduce the amount of time available for work to expedite its completion'. Now there's obviously a limit to this. You can't expect to allocate five minutes to an hour-long tasks but surely there was a middle ground?

I created the Foundation Week, a skeleton of tasks including breakfast, morning and afternoon breaks, midday exercise, lunch and a dog walk at the end of the day to signal when it was time to stop. They would reduce the time I had for work. It was an experiment, but I knew I had the flexibility to change it if it didn't work.

But it DID work! I got as much – if not more – work done in less time. The gaps I gave myself for work were smaller and I remained more focussed. And the 90-minute break in the middle of the day, containing exercise and lunch, actually gave me more energy for my work in the afternoon.

So, if you want to get more done and feel better for it, spend less time working.

If you want to 'have a life', simply plan one first.

Paul Holbrook
The Diary Detox

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What are you doing?: The uncomfortable truth about how you WASTE time at work.



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ANXIETY, A LAUGHING MATTER

Given the current situation that is affecting so many of us around the world, it's no surprise that levels of anxiety are rising.

Should we go out? Should we visit friends or relatives? Should we seriously consider hibernating until a vaccine is found?

A healthy amount of anxiety can ensure that we make the right decisions but an excessive amount of anxiety can increase our risk of suffering the negative consequences. If our levels of anxiety rise too high then this will have an impact on our daily life.

It is important that when we feel our levels rising, we have something we can use as a counter-balance.

We know that anxiety has a stress reaction in our body; our heart begins to race, our breathing quickens and our whole body can become stiff and tense. In extreme cases, we may experience chest pain and heart palpitations. But we also need to remember that we have the mental tools that can yield positive mental thoughts and reverse the effects of anxiety.

And that is where laughter comes in.

Sigmund Freud believed that we use laughter to take our minds off the common stresses of life that we all experience and that laughing acts as a release valve for that anxiety.

In the current climate, there might not be a lot to laugh about but that's not to say we shouldn't seek out opportunities to engage in

LAUGHTER FACTS

A child of the age of six years laughs about three times more than an adult.



Laughter is a sound which does not have any language.



Humans are not the only creatures who laugh. Animals like dog and cat also laugh!



the healing properties of laughter and to find some time to say goodbye to anxiety and hello to unadulterated joy.

Numerous research has shown that laughter has both short and long term benefits.

In the short term,

- you forget the problems that have left you feeling anxious (it is physically and mentally impossible to feel anxious when laughing!),
- you soothe tension in your body,
- you stimulate many organs in your body just by breathing in the oxygen-rich air that comes with a laugh and
- you increase and decrease your heart rate and blood pressure, leaving you feeling relaxed and contented.

In the long term,

- regular laughter sessions improve your immune system because you are no longer prey to negative thoughts that manifest into chemical reactions in your body that helps decrease your immunity.

Instead, laughter floods your body with feel-good chemicals that help you fight stress and potentially more serious illness.

As a small business owner, I would be the first to admit that my anxiety levels have been through the roof during the last six months. In some ways, this has helped me make important decisions about my business but I have realised that this anxiety has been close to getting out of control and becoming something darker.

> ***"The regular laughter sessions that I attend have been the light at the edge of that darkness and have helped me keep my anxiety in check."***



After a session I feel like I have a suit of armour around me; a suit of armour that protects me and makes me feel safe from the attack of anxiety that can be waiting for us all. The warm feeling that emanates from my body seems to shine through me and helps me to navigate through the world. Laughter just makes my day that much brighter.

CONNECT WITH PETE CANN HERE



Pete Cann the Laughter Man is a Laughter Leader, providing actionable Laughing sessions for Businesses and Individuals. Pete believes that everyone has the ability to manage their state through the practice of Laughter.

HEAR ABOUT THE NEW RESTAURANT CALLED KARMA?
THERE'S NO MENU: YOU GET WHAT YOU DESERVE.



WHAT DO YOU CALL CHEESE THAT ISN'T YOURS?
NACHO CHEESE.

I TOLD MY WIFE SHE WAS DRAWING HER
EYEBROWS TOO HIGH. SHE LOOKED SURPRISED.

Embrace Your Inner Child

By Viva Andrada O'Flynn

It happens nowadays: children are in a mad rush to become grownups and grownups want to turn back the clock and be children again. Some say social media is to blame for all this. Why give social media that power to run our lives? Besides, we're just where we want to be.

That's right.
We have all the fun!

Take time to know yourself.

Sometimes in life you get pressured to be someone you're not and do things you know aren't right for you. When you learn to embrace your strengths and weaknesses, you'll be happier, much more confident with the decisions you make and at peace with yourself.

Appreciate yourself.

Dare to be your #1 fan.
When you like yourself, others will, too.

Start now.

Make today the best day of your life. Get into the habit of working towards your goals, step by step, every day. If you keep at it, you'll be amazed at what you can achieve. You'll also inspire others to live out their dreams.

Here is some inspiration for your inner child:

Lighten up, dear child of the universe. Life is too serious for adults who have no time to take a break and enjoy life.

Play as you did when you imagined you could be anyone that you wanted to be. Back then, every time you closed your eyes, you were transported to faraway places deep in the recesses of your mind. It was so much easier than to pretend you could achieve any impossible feat. You believed in your dreams. But then you grew up, lived in reality, lost your zest for life. Never surrender your inner child.

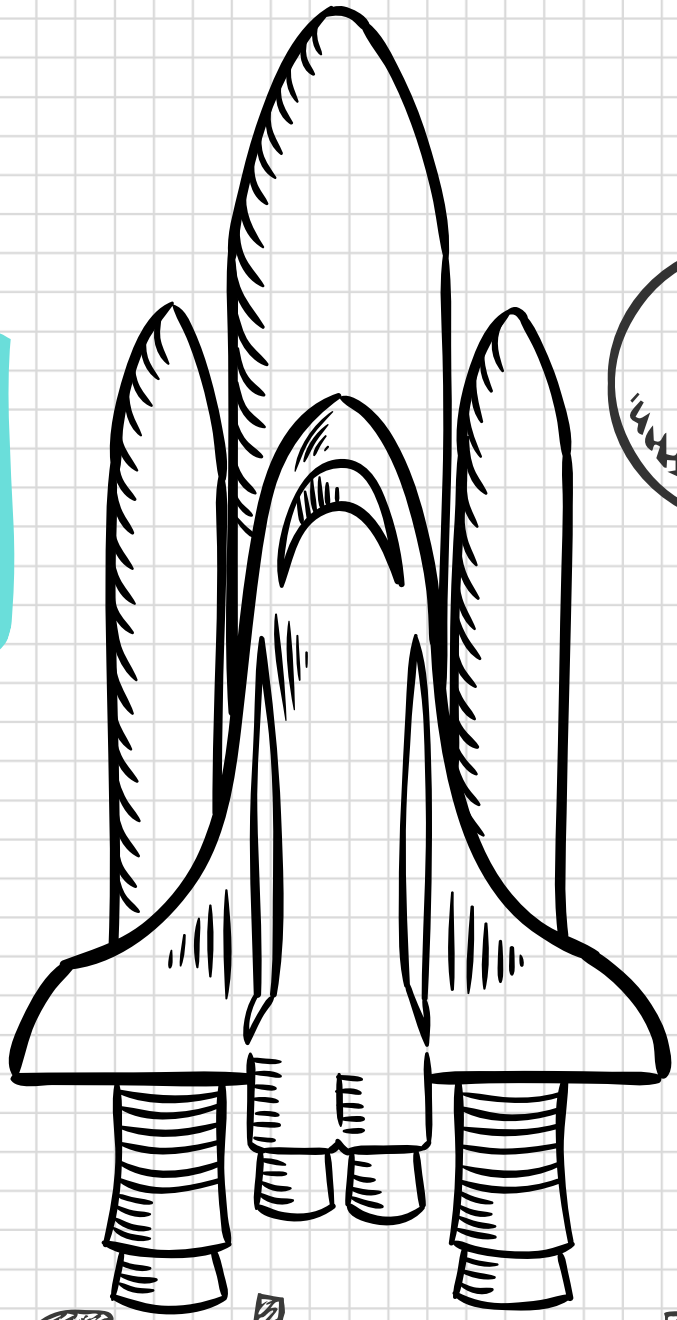
Nurture it.





Now I'd like to share my poem
"Master Craftsman"

You're a master craftsman
You mold me to be
What I am
Every word of encouragement
You've graciously given me
Pushed me
To attain greater heights
Yet every sarcastic remark I heard
That fell upon your indifferent lips
Pulled me back
Deadened my soaring sprits
With just a lash of your whipping insults
Words may not break my bones
But my will to live is within your grasp
Abuse faculty of speech
As you release your fury
And I may be impaired for life
Shower my path with seeds of inspiration
Nurture me with tender guidance
And watch me bloom beneath your gaze
I'm a child of the universe



Colour This In

Release Your Inner Child

WANT ANOTHER CHILDLIKE CHALLENGE?

IN THE MONTH OF OCTOBER, YOU ARE TO SKIP SOMEWHERE.

IT IS IMPOSSIBLE TO BE SAD WHILST SKIPPING

TOP PODCASTS & YOUTUBE CHANNELS



LAUGHTER AND POSITIVITY WITH PETE

Pete Cann is a Laughter Yoga Leader who has been using Laughter Yoga in his daily life for year, creating a life of happy thoughts and Joyful relationships.

CLICK HERE



ON THE BLOCK

A new Podcast by Richard Stone who interviews his community about a variety of topics such as mental health, Project Management, Business Automation, Drone Technology.

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DIARY DETOX WITH PAUL HOLBROOK

The vision of Diary Detox® is a world where everyone has the ability to get the most from the short time they have on this planet. They spend as much as they need at work and as much as they want at home, with family and friends. If this isn't you, What Are You Doing?

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GO TO YELLOW WITH TAMMY

There is a fine line between a successful high-achiever and an ineffective high-achiever. You can balance life and maintain success. This channel addresses the overworked-mindset and how to rewire to gain balance in life without sacrificing success.

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LIFE IS HARD BUT SOMETIMES IT'S OK.