



Practice strategic laziness

Bởi:

Joe Tye

“Relaxation can be achieved in many different ways, and learning what works best may be a process that takes time... This may be some of the most productive time and effort you will ever put into managing anxiety for a lifetime.”

Margaret Wehrenberg: *The 10 Best-Ever Anxiety Management Techniques: Understanding How Your Brain Makes You Anxious & What You Can Do to Change it*

The late C.W. Metcalf, author of the book *Lighten Up*, was one of the funniest – and most insightful – speakers I ever heard. When he spoke at one of my *Never Fear, Never Quit* conferences, he commented on how people would often say that it must be a riot working in his office because he had such a great sense of humor. His response was that after a week on the road, he came to work with a lapel button that said “Back off, fish breath” then hid in the closet for the rest of the day.

We all need days like that. I think of it as strategic laziness. By giving yourself permission to take some time off, you recharge your batteries.

The lion is the king of beasts, but he spends most of his days lyin’ around.

We all need our lyin’ round days!