Healthy Lifestyle Changes

In order to really be free of being a workaholic, it requires a person to make healthy

changes in their life that will support a healthier and more balanced mindset. The thing

to remember is that every person is a work in progress, so you don’t need to do all of

these in one day, just try to incorporate the ideas gradually. The more mindful you

become, the easier it will be to add new suggestions to the list.

**Make Sleep A Priority**

This one can be a tough one for people who become very engaged in their work. It’s

easy to stay awake all night reading different pieces of information or mulling over the

same issues you have with a project. This process can take away from your valuable

sleep time, so you have to make getting a good night's sleep a priority.

You have to make the decision that no matter what interesting thing or imperfection you

find, that sleep remains the eventual focus of the evening. That’s not to say that you

shouldn’t finish those last few minutes of work that will make sure you’re finished

completely, but be sure to be strict with yourself. If you know that 5 extra minutes will

turn into 2 hours, then just go straight to bed.

**Make A List**

You will see people repeating information about making list forever until the end of time.

The reason why is because it works. A list allows you to easily see your progress and

track when you’ve finished something by crossing it off. There’s few things that are

more satisfying than the experience of crossing off an entire list of tasks. If it’s

something you’ve never done, then it should be highly recommended.

**Don’t Rush**

A lot of times you really want to get things over with, but when you rush you might not

be taking the time that you should be taking to make sure that you are producing

quality. Take your time and finish at a comfortable pace. This is most possible when you

begin projects as soon as you can.

**Don’t Compare Yourself Others**

It’s important to set your own standards. Comparing yourself to other people who may

have more than you or have a certain kind of house can cause a lot of suffering. It's A

toxic mindset that has very little value, and it can prevent you from making the changes

that you have to make to attain those successes. Learn to be patient with yourself and

live your truth. That can be enough to make you feel motivated to reach for the stars.

**Learn to Say No**

If you’re used to being available to people at the touch of a button, this one could be

extremely challenging, but it’s needed if you want to take care of your mental health.

There’s nothing worse than being spread too thin.

When you are saying yes, it may feel good to be the savior of the day, but when you

deliver your work too late and too rushed, you’ll look more like the villain. Managing the

expectations of others and being more focused on what you actually need to be doing

will bring you more peace.