

COMMENT

Now that you've paused, it's time to tackle over-commitment

By Melanie Hennessey
mel_hennessey@hotmail.com

So, did you pause?

In my last column I challenged readers to break the "too busy" cycle of today's society by putting your cellphone down when the work day is over and enjoy a pause; a much-needed break from the daily demands.

I recently took the ultimate pause on a family vacation with no phone or Internet service, with the exception of spotty WiFi if I really needed to check for messages. It was definitely the break I've been longing for.

But now I want to talk about too busy's ugly stepsister— over-commitment.

Often a lot of those calls, texts, emails, social media messages, etc. that you're receiving at all hours of the day and replying to are asking you to do something. Maybe it's a friend who needs a favour, so you say yes. Then your boss asks you to take on another assignment. Then you agree to sit on your child's school council. Then you decide to get involved in a charity project.

Before you know it, you've got more commitments than time, and the stress sets in. If you're a people-pleaser like me, I can guarantee that you've felt this way at some point.

So what's a person in this position to do?

To be honest, this is something I'm still wrestling with. Since I work from home, I keep telling myself that once the kids go back to school, I'll get everything bal-



The View From Here

anced out again. But maybe I'm fooling myself.

Perhaps the secret is to embrace the word "no"— something that seems to be equally as frowned upon as pausing in today's busy-24/7 society.

No doesn't have to be a bad word. No can be empowering. But sometimes it's just so difficult to say.

In a time when work/life balance is becoming harder and harder to achieve, what's one to do besides politely decline commitments now and then?

Sure, it might not make everybody happy. But really, we can't possibly please everyone. And how much does it please you or your family to be so busy with commitments, even if they are well-meaning?

I read a quote from Judy Garland recently that really got me thinking: "Always be a first-rate version of yourself, instead of a second-rate version of somebody else."

These are such wise words. When you're stretched so thin from saying yes and people-pleasing, you can't possibly be your best self. Saying no to even one thing might just get you back onto the first-rate path.

ITEMS NEEDED MOST THIS MONTH
Canned Fruit • Canned Juice • Cookies • Instant Coffee (Decaf and Regular) • Sugar • Salt • Canned Meat & Pasta • Pasta • Diapers size 6 • Pull ups • Shampoo & Conditioner

Georgetown Bread Basket
Your Local Food Bank

WE NEED YOUR HELP

TO DONATE OR FOR SPECIAL EVENTS INFORMATION
visit. www.GeorgetownBreadBasket.ca

55 Sinclair • Unit 12 **905-873-3368**
Tues. 5-7pm • Wed. 8:30-noon • Sat. 8:30-noon

A NEW CEMETERY IN HALTON HILLS

A new cemetery for the general public is taking shape for residents in Halton Hills and their families. Devereaux Cemetery is located in a quiet country setting on the 17th Side Road, just west of Trafalgar Road. It's adjacent to the Holy Redeemer Cemetery and open to people of all religious faiths.

Contact us for information about available interment options, either at time of need or in advance.

DEVEREAUX
CEMETERY

Owned and operated by The Roman Catholic Episcopal Corporation of the Diocese of Hamilton
905-877-8500 | www.devereauxcemetery.ca

GEORGETOWN SOCCER CLUB

REGISTER NOW FOR INDOOR SOCCER!

Indoor house league is available for recreational players U5 (born in 2011) to U18 (born in 1997). This fun, affordable indoor league runs from November 2 to week of February 22, 2016 at the Dufferin Centre in Acton.

Visit www.georgetownssoccerclub.com today for details and to register!

Guelph Street Animal Hospital

Now offering house call services

Open all 7 days

August Promotion
- COMPLIMENTARY DENTAL EXAM
- CAT NEUTER \$95 only
- Exam+DHPP+RABIES-\$66
- EXAM+FVRCP+RABIES-\$66

8 3 8 7
905-702-VETS

Services:
• Spays / Neuters • Dental Surgery / Cleaning
• Vaccinations • Emergencies
• Medicine • Prescription Food
• Surgery / Orthopedics • Medical Boarding
• X-Ray • Behavioural Counseling

Guelph Street Animal Hospital/facebook.com
www.guelphstreetanimalhospital.com

184 Guelph Street
Georgetown ON. L7G 4A7
gahvets@gmail.com
Fax: 905.702.8225