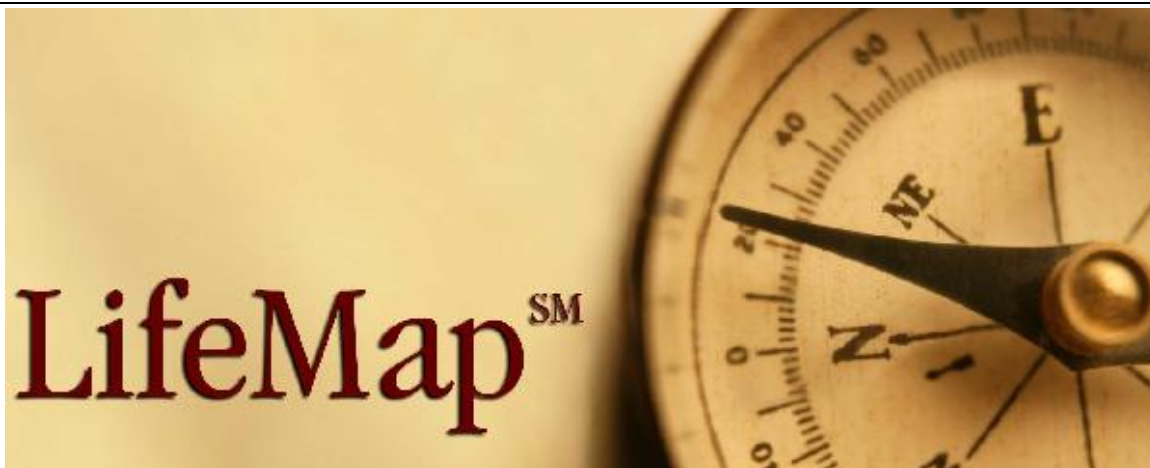


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*LifeMap is a navigational tool to help you on your path towards personal and professional success.*

*Our belief is that you can achieve a more rewarding career, a more productive organization and a more satisfying life.*

**February 2019**

**This Month's Message:**

**Winding Down from Work to Home.**

**Paths Forward:**

**CAREER BEST SELLER**

**Tired of boring meetings??**

**Need Career Coaching?**

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**Winding Down from Work to Home.**

The front door swings open and there stands a nicely turned out spouse, slippers in one hand, a chilled martini in the other, and soothing jazz playing in the background. In dulcet tones I hear "Welcome home, darling. I missed you so much. How was your day?"

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And then I wake up!

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Other than in old movies or *Leave It To Beaver* re-runs (sans the cocktail) I doubt this scenario ever really existed for working people. I think this fantasy image of somebody waiting on you hand and foot to soothe your end of the day routine accounts for some of the interest in the current spate of quite enjoyable British royal family and upper class dramas. If you're lookina for a more comedic twist in this

regard I suggest the P.G. Woodhouse novels about rich bachelor Bertie Wooster (a pleasant, upper-class dunderhead) and his effortlessly sagacious "gentleman's gentleman" Jeeves. (You may have seen Hugh Laurie in the Wooster role in the fine TV adaptations.)

But for most folks the modern world is a vastly different place. Rising levels of workplace stress, increased demands from 24/7 connectivity, more traffic than ever before, crumbling public transportation infrastructure and the two-career family makes this long-gone lifestyle downright laughable. For most folks going from work to home is like going from one demanding job to another. And these household demands include the needs of your spouse/partner and children, not to mention pets, food shopping/ cooking, clothing, notes from teachers, the occasional leaky roof, lost phone, or dying laptop etc, etc. And they are dropped at your feet at a time when you are already feeling most depleted - at the weary end of a long workday.

What can be done to ease this transition from one demanding aspect of your life to an even more critical element of your life? Here are some ideas.

### **Paths Forward:**

#### **\* Use The Commute.**

The transition between work and home can be eased if you use one thing that is already in your grasp. And that is your commute. This can be done in either of two ways (or both for that matter). When you settle in to your commute you can mentally (or by dictation or in writing if not driving) capture what is still lingering in your brain from the workday and what you plan to do about it tomorrow. If you've successfully left your concerns at work you can give some thought about what may be waiting for you when you reach home and decide how you want to deal with it. You may want to use your commute for a little "me" time to just chill out: listen to music, or an audio book or podcast. I confess I tend to use NPR and know others who use a.m. talk radio but if either of those tends to rev you up don't bother. They're counterproductive to what we are trying to accomplish.

#### **\* Smile.**

When you walk through the door smile. It's easy on a good day. But smile even if you've had a rotten day. Smile even if you're having a fight with your spouse or partner. Smile even if one of your kids is in trouble. Smile even if somebody is sick. Smile if the dog bit the mailman or the cat barfed on the new carpet. Smile because those kinds of situations come and go and because they do not define your relationships. Smile even during troubled times because you are glad to be surviving. Smile because this person or these people are the ones you love - especially on bad days.

#### **\* Peel It Off.**

I very much enjoy interviews with actors who take their craft seriously. I find it interesting how many of them say that they never get totally into character until they try on the character's hat or clothes or glasses or handle other props. I

can still hear my mom's voice "Change out of your school clothes while I get you a snack and you can tell me all about your day." Suddenly I was no longer just me but Walter Cronkite breathlessly reporting the news, or a comedian trying to make her laugh, or a suspect trying to gin up a decent alibi before my sentencing hearing with Dad at supper. Just by changing out of your work clothes and putting them aside can help you adjust your mental attitude to being home. If doable, a quick shower can do wonders too. At home you're in a different (hopefully more casual) mode, why not dress for it?

**\* Beware the Grape or Grain Habit.**

Unless you have a problem with alcohol the after work glass of wine or cocktail can be a perfectly acceptable way to unwind after a particularly rugged day. Seeing you, glass in hand, plop into your favorite chair with that "Thank goodness this day is over" look can be a handy signal to those who love you that you need a bit more care and attention than usual. But it is awfully easy to slide from occasionally wanting a wee dram to unwind to the habit of needing a few drinks to help you settle in at home. I have seen this develop into a real problem for folks from all walks of life. Distinguishing between wanting and needing is a good way to keep an eye on this.

**\* Do This Yesterday.**

What needs to happen at home after school, after work, before, and after dinner, before bedtime? There are certain chores that need to be done daily: Child care, child transport, pet care, meal preparation, kitchen cleanup, making lunches, doing homework, reviewing homework, signing school forms, doling out cash, laundry, putting out trash and recycling, monitoring screen time (TV, phone, computer), and often making a call or email or two for work. And, of course this is just a partial list. Then there's the weekly list: dry-cleaning, food shopping, clothes shopping, church, sports, lessons, hobbies, basic household, outdoors or vehicle maintenance (do it yourself or supervising hired help), preparing for family or seasonal celebrations. Again - just a partial list.

Let's face it - you can't do all this yourself nor can you expect somebody else to. And you can't expect others to instantly and happily just drop what they are doing to do something you should have known needed doing beforehand. You need a weekly schedule, a master list, with chores and responsibilities assigned to all by age and skill level. Yes, there will be some wrinkled laundry, spilled milk, mediocre lunches and stinky trash that should have gone out yesterday. But there will also be less complaining all around when everybody feels others are doing their fair share- and this includes you.

The only way to achieve this is by communicating as a group and household meetings with all included are an effective way to make this happen.

- Partners need to approach these with a common mind and purpose.

- The household needs to address these tasks as a team

The household needs to address these tasks as a team because everybody benefits.

- Children need to learn from an early age that they are active household members not houseguests.
- Elders included in these discussions are recognized as vital and important contributors.

It would have been great if you were doing this all along. But there's no time like the present to begin.

**LifeMap** (sm) is about helping you to build a home life that is nourishing and enjoyable rather than an endless list of tiresome chores.

### CAREER BEST SELLER

For the past 30 years I've surveyed successful job hunters and captured their proven shortcuts, insider knowledge and time-saving / stress-reducing tips.

My new book [Don't Wear Flip-Flops to Your Interview](#) is packed with strategies and techniques that are practical, market-proven, and easy to use. Added to this powerful mix, are the hard-won lessons from the personal experiences of thousands of professionals who have succeeded in the job changing game. It is not necessary for you to struggle to rediscover and reinvent the job hunting process. Here you will find the keys to a more productive, shorter and less stressful job search.



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**LifeMap** (sm) is about empowering you to bring the best ideas and practices to your workplace.

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**Sincerely,**

Dr. Paul

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