



PERSONAL DEVELOPMENT

WHEN DID THE PURSUIT OF
PERSONAL DEVELOPMENT BECOME
ABOUT DOING MORE?

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Wellbeing **4** business Ltd.
Leading the business of wellbeing

When did the pursuit of personal development become about doing more?

One constant throughout all of our lives is time and we are all given equal amounts in each day. Yet, we can spend our day searching, chatting, typing, emailing, scrolling but not feeling. Not fully feeling. Not really connecting to ourselves!

When it comes to personal development we are bombarded with things to do...

Be busy. Do more exercise. Eat healthy. Learn how to cook. Read books. Take up a language. Start a blog. Do a course. Try online yoga, pilates, Joe Wicks. Sort your wardrobe. Give away things. Don't buy things. Buy more things.

Have a Zoom coffee, Zoom parties, Zoom meetings. Design a Zoom quiz. Zoom zoom zoom.

Most of us know that there is value to be gained from the above tasks and that the benefits from setting and achieving goals are plentiful.

But...

- Since when did we use them to make ourselves feel worse? To beat ourselves up with?
- Since when did the competition of do more begin?
- When did this pursuit of personal development become so deeply entwined with action and doing?

How often do you feel like you should be doing more? How does it make you feel? – more stressed?

The battle on stress has been going on for decades, particularly in the workplace. Often, we are encouraged to reduce our stress levels by meditating, exercising and eating healthier. For many, this is an effective strategy when done correctly, it helps to build healthy coping mechanisms, increases resilience and enables us to manage pressure with more ease.

Often, they are viewed as another thing to do, no matter how beneficial they may be, they become another source of pressure adding to the feeling of overwhelm and stress.

It's okay to do less! – breathe, look, listen, feel... You are still growing and doing something beneficial even when you are doing less!

Ultimately, you are learning by doing so, you are learning to prioritise your time to do what's best for you in that moment which will help you grow when the pressure is on.

Wellbeing4business Ltd. Provide a range of wellbeing challenges to help your employees develop aspects of their health and wellbeing.

We are also a registered provider of MHFA England's – Mental Health First Aid training.

The link to our Wellbeing Challenges & MHFA course's are in the comments.

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