



helping business take care of its most important asset



As a professional speaker, founder of a charity and an active environmental campaigner my life is a busy one.

Recently I was enjoying a beer in my garden and pondered the great benefits I get from the short 'time outs' I take working in my veggie patch. It's fantastic stress management. It ticks so many other boxes as well -- fresh food, low carbon footprint meals, family time, sharing stories and produce with neighbours ...

It brought home to me the value, for busy people, of having an alternative focus. It's a real example of the phrase "work/life balance". A phrase regularly spoken, but often subordinated to the demands of work.

Of course there is much more to work/life balance than growing a tomato! But we should not underestimate the value of engaging in other interests on a regular basis -- be that a guitar, surfboard, acting, see a band, learn rock and roll dancing (*I'm terrible at it, but gee I enjoy trying*), join a community or environmental group, play basketball, whatever.

I reckon that's why so many people play golf -- you can't think of much else if you are trying use a long thin stick to get a little white ball into a tiny hole 400m away! I love golf, but it's really quite a mad concept when you think about it!

Ask yourself: "What do I do to relax?" and "What motivates me other than work?". If your answer starts with: "I used to ..." or is "Not much"; it's probably time to get something happening.

Rob

Live Well - Be Your Best

Issue 9

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Worth a read

Here's a short voice over video and a bunch of stress management resources.

<https://robedwards.co/video-stress/>



Worth a visit

A bit left field, but my little vegie garden is one of my best stress management tools.

www.abc.net.au/gardening



In the kitchen

Lamb, eggplant and lemon stew from the Victor Chang cookbook series

<http://www.robedwards.co/newsresources/r9.pdf>



5 minutes for your back

A quick session each day may be the difference between a good back or not.

<http://robedwards.co/back.pdf>



For the planet

It's the hot topic at the moment and worth giving some thought to. You can do this.

<http://plasticfreeoceans.org>



Something to think about

We all strive for success and we all measure that differently. I like this.

<http://www.robedwards.co/newsresources/t9.pdf>



A quick laugh

Laughter is great medicine. But if symptoms persist, see your doctor

<http://www.robedwards.co/newsresources/j9b.pdf>

In-conference or In-house

The "It's All About You" keynote is a fun yet powerful session that gives people a brief time-out to freshen up, get balanced and consider their most important asset - themselves.

Check it out here: <https://robedwards.co>

Also, available to speaking on these topics I founded:

<https://plasticfreeoceans.org>

<https://healthyresilient.com>

<https://iitime.org>

"I am always doing things I can't do, that's how I get to do them."

Pablo Picasso