

LIVE SIMPLY BECOMING UNBUSY

Trade your busy life for a full one. A busy life is all about piling it on, catching up, falling behind, and waking up tired to do it all over again. It distracts us from what we really care about, and who we really care about. A busy life seemingly chooses us, but we can intentionally choose a full life by identifying what matters and getting rid of what doesn't. Connect with resources by clicking the text highlighted in [blue](#).*

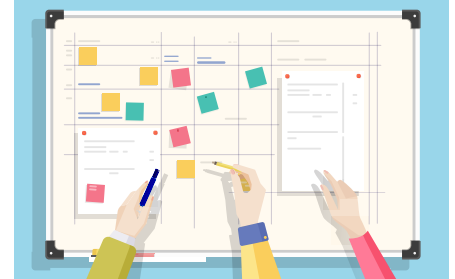
Appreciate and Schedule Rest

[Rest and relaxation](#) is beneficial for our body and mind. The steps below can help ensure your downtime happens.

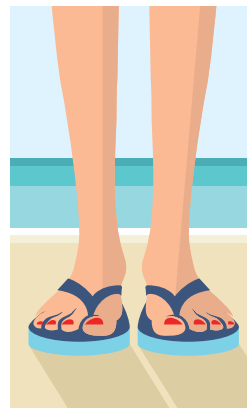
- **Choose when to rest:** Intentionally schedule rest when you do your weekly planning.
- **Schedule rest when you know it's possible:** Carve out time when you know you can make rest happen. Avoid days that have too many other responsibilities.
- **Start small:** Just a few minutes can recalibrate your whole day and infuse you with energy, focus, and patience.
- **Be realistic:** You may need to adjust your expectations of what rest looks like in your season of life.
- **Ask for help:** It takes a village. Connect with friends, partners, or co-workers to create a support system.
- **Believe that rest is not selfish:** You don't need to 'earn' rest. Rest allows you to take care of your responsibilities and show up as your best self for your loved ones.



Do a Time Audit of Your Own Life



[Write down](#) all the things you do in a given week. Decide which activities you want to spend more time doing. Also, determine which activities you might be able to limit or eliminate to make your daily life more sustainable and intentional.



Busy Is NOT Better

In a 2016 survey, nearly [40%](#) of parents who didn't read aloud to their kids said it was because they were too busy. [Over half](#) of American workers didn't use all of their allotted time off in 2018. And [a third](#) of adults in a 2022 study reported that stress is completely overwhelming most days.

We have become too busy, and it's a problem. Watch this video to learn steps to [become unbusy](#).



What Matters Most? How can you incorporate rest into your day? Record your answer in the space below, or click [here](#) to take a quick survey. You can also take the survey by scanning the QR code with your smartphone.



Want to learn more? Click the links below.

- ✓ [Becoming Unbusy](#)
- ✓ [How To Gain Control of Your Free Time](#)

Questions?

Email BeWell@bcbsvt.com or click [here](#) for more information.

*By clicking on these links, you will be directed to third-party sites. These links are provided for informational purposes only.

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