

Lesson 6

Balancing the Seesaw

Introduction

Having a sense of achievement and feeling competent is essential to your wellbeing. It's synonymous with anticipating success, or why would you even try and accomplish anything?

Activities you engage in to feel that achievement have to be carefully balanced however, with the stress that might accompany it. If it's weighted equally, your achievement will not be hampered.

Take care before diving into additional activities and responsibilities, as this could lead to stress.

The science

Studies show that a sense of achievement is a basic human need. When unfulfilled, it can result in poor emotional health. The brain needs to be stretched in order to keep us motivated and interested... and this can lead to better relationships as you have more to talk about. The more you do, the more you'll have in common with different people.

Recognising your emotional arousal levels and managing stress effectively enables you to access and utilise your higher brain. This helps optimise your psychological functioning, including concentration, memory, thinking, reasoning, and problem solving ability.

Value

Achieving gives you a sense of accomplishment, makes you feel competent, and can give you status within a social group.

Feeling competent motivates you to pursue further opportunities as you crave more of the same.

Acknowledging when to chill and connect can give you the best of both worlds, leaving stress out of the equation.

Achievement comes in many forms, and smaller goals are the best. They offer a drip-feed feel-good effect.

Keeping on top of stress will positive impact your earning potential and financial situation.

Exercise video

Visualisation

Let's settle down in a place where we won't be disturbed for the next few moments. Resting our hands on our lap or by our side, palms facing up.

Breathing in slowly for a count of 5, hold, then exhaling.

And again...

Feeling our body relenting to this feeling of relaxation.

Feeling our eyelids getting heavier. Imagining magnets gently drawing our eyelids down until our eyes are shut tight.

Whilst we're relaxing, let's imagine our life in 12 months time. We're interested in our work, we're achieving, meeting our goals, and feeling confident.

We're enjoying time with our family and friends and we have that one person we can share our dreams with.

This is it!

We're living our life just as we want.

Dancing to our own tune...at our own pace.

Feeling it, holding it in our mind and heart. Seeing the satisfaction and thankfulness in our eyes as we watch ourselves going about our daily business, achieving and belonging.

Remembering this feeling. Holding it in our hands.

Let's describe the feeling in one word.

Taking some time to come round before moving.

Wrap

Securing the balance between pursuing opportunities that satisfy our need for achievement whilst ensuring stress remains low, can be quite the juggling act. But as long as you are aware of your limits, and build in time to relax and connect, your striving for achievement might just well pay off.

CTA

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