

So busy? Time to banish the busyness

The traditional '9 to 5' working hours no longer exist. We're now plugged in to our devices 24/7, and are losing sight of ourselves whilst drowning in the doing. Psychologist Alison Hill tells *Get It* editor Lauren Paris about her new book *Stand Out*; a practical guide to getting clear on what matters and stop doing the stuff that just doesn't.



Tell us about your link to the Gold Coast:

I'm based at Currumbin at the start of the Currumbin Valley, which is a beautiful piece of the world. I've lived there for six years although grew up just south of the border so have close ties to the area. It's seriously the best place in the world.

When/why/how did you write this book?

I wrote this book because our health and happiness is being heavily impacted by the relentless change environments we find ourselves in. My work with women in leadership roles had me connect with women who were losing sight of themselves.

It was also my personal experience. So I wanted to research ways to have the courage to reconnect with what matters.

Is 'busyness' something you have had trouble/experience with?

Absolutely. I think I'm not alone in getting caught up in the overwhelm that comes amongst the busyness.

My research has uncovered that it's more about having the permission to say 'no' and focus on values and progress.

Why do you believe it is time to reclaim our health, happiness and sanity; even amongst the busyness?

The reality is that busy is not going away. Waiting for calm is useless hope. The solution to do less is not always practical. So to come back to our health, happiness and sanity has to happen while life is happening around us.

There are countless examples of people who are busy and energised. So coming back to what matters to you, saying 'no' to what doesn't, and letting go of 'shoulds' is key.

How does *Stand Out* empower readers?

It's real, practical and relevant in our busy world. The book empowers readers to live life on their own terms, not what others are doing, not what they 'should' do, and to let go of the crap mindsets that are holding

us back. It brings in science of psychology to understand what holds us back and to take charge of stepping forward.

What are some of the tools, tips and strategies needed to deal with being busy and to start getting ahead?

1. Hit the reset button - find ways to shake up the norm and hit reset, even if it's just a walk around the block, or a weekend away. Do something different.
2. Set boundaries - just because you can do something doesn't mean you should. Get clear on where you want to put your focus and say no to the rest.
3. Gather your tribe - get the people who are your cheer squad and those who'll challenge you to courageously stretch yourself.

Why is it so important to treat self-care as an imperative for success?

When we look after ourselves (for example prioritise sleep, nourish self, create white-space to unplug) we are able to give the best of ourselves. This is the greatest marketing resource we could ever have. Look after you then you can give the best to others.

How can people connect to what's important here and now?

Clarify your values. Create the time to get clear on the specific values that you are drawn to regardless of the situation. These become the lens to make decisions about where to focus your attention. Don't go to the after work social event if spending time with your kids matters more.

How can we stop being distracted by 'busy' and put purpose to action/ take control of our day/path/life?

Read *Stand Out*.

Oh, and a walk along Currumbin beach at either sunset or sunrise always helps.

Alison is also a best-selling co-author of Dealing with the Tough Stuff and co-founder of Pragmatic Thinking, a behaviour and motivation strategy company with clients including Pepsico, Suncorp, McDonald's.

Visit alisonhill.com.au for further details.

