Are You Juggling Too Much?

Imagine that the figure in the diagram below is you. In each of the balls over the figure's head, write in one task or responsibility you currently have. If you need to add more balls, draw them in. In the balls at the bottom of the page, write in anything you've let drop, either on purpose or because you just didn't have time to get to it. It might be something like a regular report you're always late with, or a workout at the gym that you can't seem to fit into your schedule.

Once you're done, take a look at the balls you're currently juggling. Are there too many to handle? Consider each of the balls you're juggling one by one. Is it something you either want to or must keep juggling? Can you let it drop?

Now look at the balls on the ground. Did you drop them on purpose or because you didn't have any choice? Do you need to get any of them up in the air?

Look at the juggler exercise as way to examine — and if necessary rebalance — the load you're carrying. You may have to make some decisions about what you're willing to continue to juggle, and what you aren't.

References:
Adapted from Clear the Deck Guided Fantasy Script. Structured Exercises in Stress Management p.9. Edited by Nancy Loving Tubesing, EdD and Donald A Tubesing, Mdiv, PhD. Whole Person Press
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