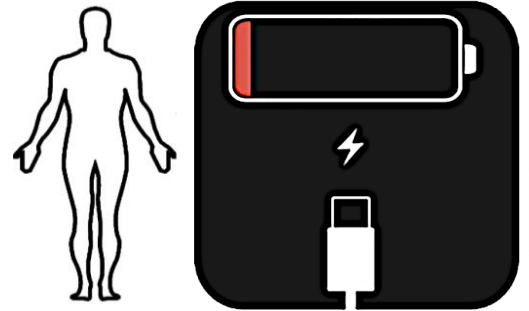




Operating in Low Power Mode



Are you operating in 'Low Power Mode' right now?

Is there a quiet voice inside you telling you to 'stop', to say 'no', to prioritise some rest and recovery?

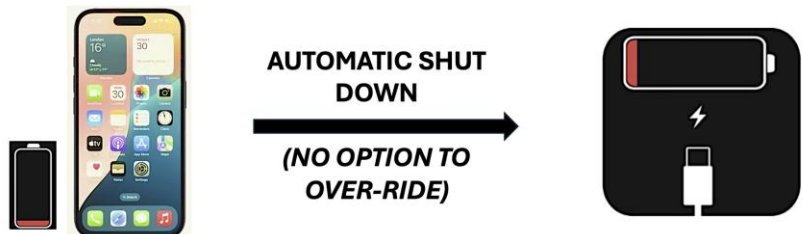
If you are like most of us, the answer to the Low Power Mode question is either 'yes' (but I'm choosing to ignore it) or 'I really don't know' (and I'm afraid to ask myself).

A mobile phone requires energy and the battery has to regularly recharge. The phone is always 'aware' of when the battery is getting too low and warns us with the 'low power mode' message and if necessary, goes into 'automatic shut-down' to prevent damage occurring.

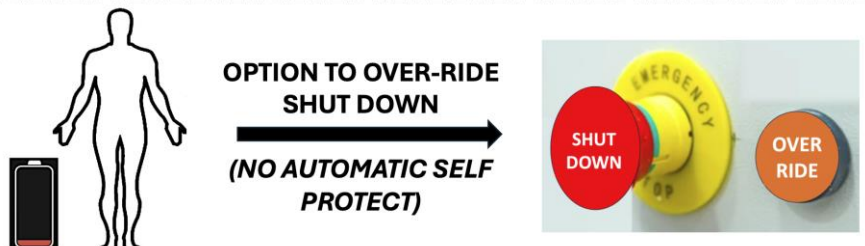
We humans, despite also requiring energy and needing to regularly recharge our mind/ body, are often unaware that our batteries are draining too fast, or if we are aware, we simply ignore the warning signs our bodies are sending us.

Unfortunately, as humans we tend not to 'auto shut down' to protect ourselves. Instead, we press our 'over-ride' button – expecting ourselves to be able to continue to operate at maximum capability even when we have been in 'low power mode' for a long time. This results in considerable damage to our mental and physical health.

If we want to be the best version of ourselves and access our full set of amazing capabilities we must ensure our batteries are always sufficiently charged.



This begins by reconnecting with ourselves to: (1) check the current level of charge in our battery; and (2) check that we have enough power to manage the current issues we are facing.



If we are in 'low power mode' then we need to set some boundaries and reschedule some activities so we can prioritise rest and recovery to re-charge. And this is much harder than it may seem for most people juggling family pressures, job demands and financial strain. Thankfully there are a number of great re-charge strategies that you can learn and use amidst all these challenges so you can live life fully charged up! Reach out if you'd like to know more...