



*10 Ways
to Infuse Joie de Vivre
Into Your Work
(So It Can Feel Like Play!)*

BY ROUTH CHADWICK

When did we as a society decide that work would become this oh-so-serious experience that we know today? That a playful spirit has no place in the workspace (unless you work at a start-up where skateboards are welcomed in the office!) or that it's a luxury that only children get to enjoy?

“Because work is about *survival*”, you say. “People are counting on me. And, there's serious pressure at work – pressure to perform, pressure to conform – and deadlines to meet. Fun? Is NOT on the agenda.”

I totally get it.

What if work could feel more like play? What if you were allowed to break the conventional rules, so to speak, and bring all of your wonderful self to everything you do, including how you show up at work?

After all, we spend most of our waking hours working. That is a lot of time to be so serious and stressed.

So how can you shift from a “work mindset” to a “play mindset” even if you have a stressful, high-pressure, or uninspiring job?

Here are 10 ways to
infuse the Joie de
Vivre spirit
into your work and turn
it into play

1. Approach each workday with curiosity and openness

Instead of dreading work, what if we started each day fresh with a willingness to experience or learn something new? We're far more likely to draw newness into our awareness if we start with a clean slate. When we approach every day with curiosity and openness, (even Mondays!) life is so much more enriching!

2. Take your foot off the accelerator

Creating urgency is a tactic that is so overused these days because someone up the chain of command (or you if you work for yourself) believes it will increase productivity and profits. Well, *I'm here to put a stop to that*. Pressure and urgency don't equate to more productivity.

In fact, the opposite is true: a calm, grounded person with a clear, focused state of mind will be MUCH MORE productive. Remember the last time you were totally stressed out and ended up making things worse? Permission granted to take your foot off the accelerator, to slow down, breathe, go for a walk, clear your head and even... take your time. Fresh, innovative ideas always come from a clear, free-flowing state of mind. Plus, if it's not *actually* life and death, then it isn't really that urgent. Your boss says otherwise?

See #3.

3. Don't take it personally

Bosses are human too. So are CEOs, difficult clients and annoying co-workers. They get caught up in their own stress and problems and can, occasionally, take it out on others. But YOU don't have to take it on. Whatever they're saying or doing is not personal, even if it feels like it is. When someone tries to pass their stress onto you, you can say to them (in your head of course): "That sounds like a "YP" (YOU problem)." And then get on having a lovely day free of other people's problems.

4. Don't sweat the problems

Every problem has a solution (or many) even if you can't see it yet. Best way to solve a problem? Is to stop staring at it and stop stressing about it. The fact is you're more likely to find a solution when you're in the shower, taking a walk on your lunch break, or throwing the Frisbee to your dog. Instead of overthinking it, give yourself permission to step away and trust the solution will come when your mind is open and curious.

5. A good dose of humor or whimsy goes a long way

Laughter really is the best medicine. Humor and levity can take the edge off most situations. When you find yourself becoming too serious about something, ask yourself: "How can I lighten things up?" As a last resort, you can pull out that old trick of picturing the person naked! (Like I said, it's a last resort!)

6. Use your imagination

We forget we have imaginations, just like kids do. We make bosses into bogeymen and projects into torture devices and deadlines into life or death scenarios. Most of the time, these things just aren't that dramatic. But we've been cycling the same old stories through our stressed-out minds for so long that we believe them to be true. Instead, how about imagining that you're a pirate looking for buried treasure or a wizard trapped in the land of muggles. Too far out? Then just imagine that everything is unfolding as it should and there is nothing to worry about. It just might turn out to be true.

7. Seek out co-conspirators

It's easy to bond through gossiping and complaining, but that just brings everyone down to the same level of negativity and victimhood. Instead, why not bond with people who make you laugh or have unique perspectives on things. It always helps to have allies in the workplace, and even better if they can make you belly laugh on a regular basis!



8. Stop fighting the situation and gamify it

Think about it: we turned war into football. So how about turning your work-combat situation into a game as well? A deadline becomes scoring a goal. You and a co-conspirator can tally up the number of times the boss says “synergize” during the week and compare notes at happy hour. Or try out a new productivity strategy every day and see which ones are winners!

9. Be where you are

Instead of trying to fight a challenging situation or chase a better future, bring yourself to the present moment through your breath. Give yourself permission to become present to what's hard, even if it's uncomfortable. Can you stay in the feelings without judgment? Giving up our "destination addiction" opens us up to appreciate the present. A challenge? Yes. But one that can bring surprising gifts.

10. Let yourself be surprised - even delighted!

It's easy to become jaded and cynical about our jobs. But life is always changing and shifting if we're willing to let it... Allowing ourselves to be surprised (even delighted!) gives us an opportunity to see or do things differently. So let's be on the lookout for those kismet moments, shall we? We might just be surprised at what unfolds!



Hi!
I'm Routh Chadwick,
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As a psychotherapist and transformational coach who's worked with hundreds of people around the globe, I've developed a unique framework of transpersonal alchemy which guides my clients out of distress and confusion and into the space of possibility where they can intentionally design a life that reflects their highest potential.

My superpower?

To help you cut through the noise that is keeping you stuck, feeling inadequate and dissatisfied.

My multidimensional work guides you through a powerful, transformative process that enables you to tune out the noise and into your own inner wisdom so that, step by step, you can create the work / the projects / the money / the relationships you've been truly yearning for.

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