



The Tragedy of Living in the “Grey Zone”

How to Be More Productive, Less Stressed, & Enjoy Life More

The key with getting more work done with the least amount of stress physically, mentally, and emotionally, is to stay out of what they call the “Grey Zone”.

One of the biggest factors that prevents those struggling to succeed from making progress is their frequent inability to focus on the task at hand and not allowing for proper rejuvenation breaks, thus creating a blending of work and relaxation time.

With the advent of the PDA device like the Blackberry, information overload, more and more people working from home, and the increasing number of interruptions while working, the epidemic of stress is ever increasing.

What this unhealthy habit of operating in the “Gray Zone” leads to is never actually getting work done or completing it with the quality that it deserves, and never feeling truly replenished or rejuvenated, leading to burn-out and feeling overworked.

The other problem that this creates is that we end up blending our work and relaxation time, and never really allow ourselves to do either one well, creating constant feelings of stress and pressure.

This is the point when I'd like to refer to the good old cliché: “If it's worth doing, then it's worth doing it well”!

This lack of full engagement is something that Tony Swartz refers to as the “Grey zone” in his book *The Power Of Full Engagement*. The place where there is so much salad of thoughts, emotional interruptions and physical distractions that an activity loses its purity of experience. When that happens, not only do we lose the focus and never perform up to our standards and abilities, but we simply no longer enjoy experiences offered by participating in those activities.

Be it talking to a friend, preparing for exams, spending time with your family. It is the grey zones that robs us of experiences and ultimately jeopardize the quality of our desired outcomes.

This activity is designed to identify these areas of your life where you are missing out and creating more stress for yourself due to a lack of full engagement. For example, you might be passionate about your new project or even your own business to the point where it consumes energy even at the expense of other experiences. Such as when you are spending time with a loved one instead of immersing yourself into mutual passion and pleasure of emotions shared with someone close to, your mind is preoccupied with things that are not relevant that very moment.

The tragedy is that even though you probably mean well in being mindful and present at all times while working on things that will ultimately give you long term benefits, but instead they may be robbing you of immediate, high quality results and even prevent full enjoyment of experiences during some of the most precious moments of your life.

Spend a few minutes thinking about this activity below, and contemplate the ways in which you can develop a means for full engagement by dedicating a set amount of emotional, physical and environmental interruption-free chunks of time to each task that you set out to do.

Doing this exercise will actually help you to do more, be more efficient, and create a life consisting of a series of individual tasks and projects done well. You will start seeing immediate results as well as to learn to enjoy your time spent on anything that you choose to participate in.

This is how you create less stress and more success!

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

