



Are You a Workaholic? Do Something About It!

Working hard is okay, though nowadays working smart is better. The difference between the two is the amount of effort you put to get the same results. The smart ones learn to use technology, delegation of work and better managerial skills to do more in less time and with less effort.

However, there are people who cannot feel at peace unless they work themselves into a frenzy. They need to have not only a packed work schedule, but also challenging deadlines to feel “good” about themselves. These people are workaholics.

Workaholics cannot rest. They want to rest, they want to lay back and spend some quality time with their families, but they cannot. Their minds cannot get unplugged from their work. When they are forced to rest - say, due to illness, they become restless, cranky, upset and unmanageable. If you are among these types of people, read on; you will find some great tips to control this before it totally controls you, and instead can pay attention to your family a little more:

1. **The First Step to a Solution is Accepting There is a Problem** - Accept the fact that you are obsessed with your work. The moment you say, "Yes, I have a problem" you are ready to accept solutions. Say loud and clear to yourself every morning when you wake up to get ready for work, "I will give my best during office hours, but once I am home my priority is my family". Take measures that you do indeed leave all your work at office and bring nothing home.
2. **Have a Contingency Plan** - Since you are used to a tight schedule, you might not be able to let go and enjoy rest. Do not expect that this happens overnight or you will be thoroughly disappointed. Work out different schedules for the evening; this time, it should involve tasks that you could do with your family or for your family. You could start a hobby - carpentry, DIY projects, painting, learning a new language, learning to play piano/keyboard or other instruments, etc. Find something to do that fills you with immense pleasure and allows you to spend time with your family.
3. **Practice Delegation of Work** - The ability to delegate work is extremely important. If you plan to micro-manage everything, you will find yourself overwhelmed often with things that need not come to you at all. Practice delegating tasks to your staff and colleagues to ensure that the work comes out best and no one is overworked. The delegation of work is not as hard as you would imagine. It takes time, it takes practice, but it is easy once you get into the rhythm.