



turning managers into leaders

Merge's Monthly Mega Minute – October 2006

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Merge Gupta-Sunderji helps turn managers into leaders. Through engaging keynotes and facilitated workshops, she gives people specific and practical tools to achieve leadership and communication success. Contact her at www.mergespeaks.com or 403-605-4756

The longer you carry it, the heavier it gets

I travel a lot, so I have a lightweight laptop. Less than four pounds, it's easier to tote around through airports and hotels across the country. And because my laptop briefcase is normally hooked on to my wheeled carry-on bag, I rarely even feel the four-pound weight for longer than a few minutes. That is, until about a week ago when I needed to carry my briefcase across the parking lot, into one end of the airport terminal and all the way down to the other. A much longer walk than normal and, much to my surprise, with each step I took, the briefcase, all four pounds of it, got heavier and heavier! It occurred to me that this lightweight laptop that doesn't seem to weigh very much for a few minutes feels much heavier when carried for fifteen minutes. In fact, I know that it would feel much heavier if carried for an hour, and even weightier if I carried it for an entire day!

If you work in an organization, you are no doubt faced with many challenges and stressors in any given workday. And just like my laptop, the longer you carry them, the heavier they get. Wouldn't it be much easier if you could put them down for a while to rest; then you could carry them even further? Instead though, most people tend to carry the situation around in their heads worrying about it, and getting more frustrated and upset by the minute. The next time you are faced with a difficult problem or dilemma, deliberately let it go and let your mind rest. Ideally, if you can leave it behind at work and come back to it the next day, you will have renewed stamina and often a different perspective to deal with it more effectively. If an overnight respite isn't an option, then even a few hours of setting it aside and taking a time out will still make a huge difference.