

When Being “Busy” Goes beyond Being Anxiously Engaged

Bonnie Brinton Anderson

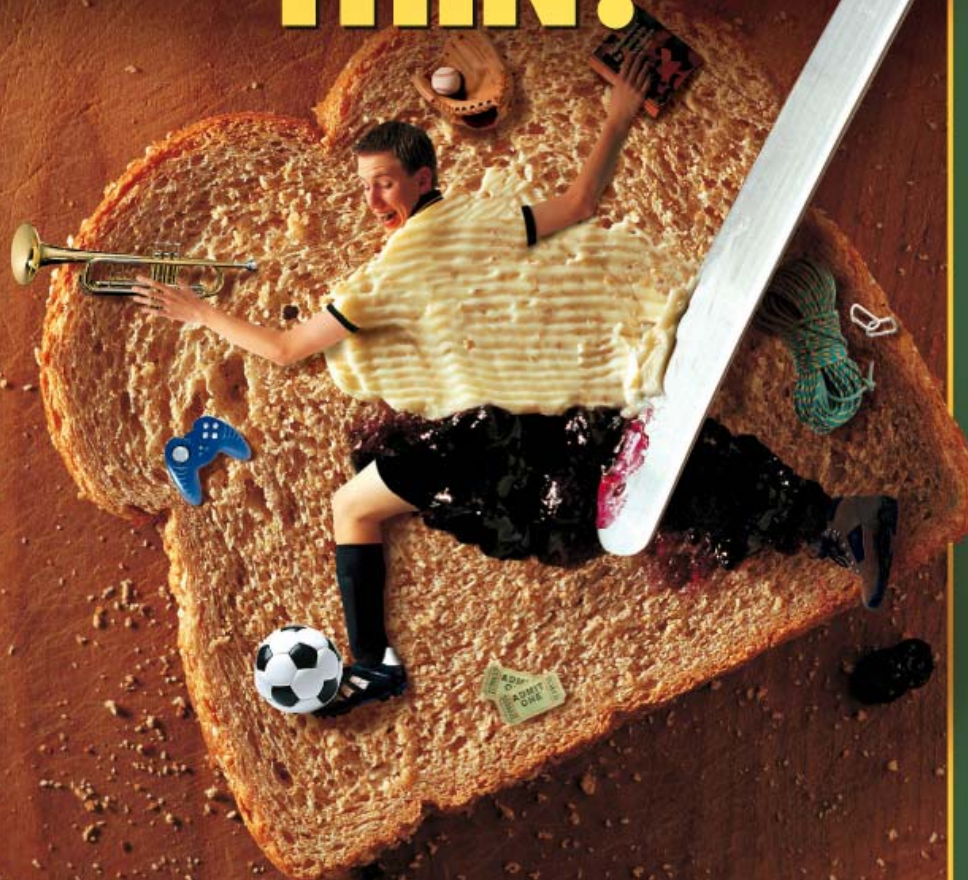
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Anxiously Engaged

- While we should be “anxiously engaged in a good cause” ([D&C 58:27](#)), the Lord does not say we should be anxiously engaged in every good cause simultaneously.
- But to pursue all of them at the same time leads to discouragement and frustration.

SPREAD THIN?



IF YOU HAVE TOO MANY THINGS TO DO
AND YOU FIND YOURSELF IN A JAM,
TRY A SMALLER SLICE OF LIFE.
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Do you ever think--I could get control of my life if I would just:

- work harder
- sleep less
- organize better
- make better use of my time
- cook and clean more
- exercise more
- spend more quality time with my children
- make more money (and spend less)
- be more patient...kind...cheerful
- train my children better
- lose ten pounds (especially lose ten pounds)

– Jo Ann Larsen

Elder M. Russell Ballard

- Many good people who care a great deal are trying very hard to maintain balance, but they sometimes feel overwhelmed and defeated. Many people have heavy demands upon them stemming from parental, family, employment, church, and civic responsibilities. Keeping everything in balance can be a real problem.

Wisdom and Order

- “And see that all these things are done in wisdom and order; for it is not requisite that a man should run faster than he has strength” ([Mosiah 4:27](#)).

Balance like a Choir Director



SEASONS

- I have had people tell me, “Oh, you’ve done so many things,” and I tell them, “But I’ve lived so many years!” **There really is a season for everything.**

--Sister Barbara Winder

SEASONS

- Remember that “to every thing there is a season, and a time to every purpose under the heaven” ([Eccl. 3:1](#)).

SEASONS

- Temporal circumstances change, but the eternal laws and principles that should guide our choices never change.
-- Elder Dallin H. Oaks
- Time is numbered only to man. God has your eternal perspective in mind.
-- President Ezra Taft Benson

THE ANSWER?

- Prayerfully prioritize
- “Seek not the things of this world but seek ye first to build up the kingdom of God, and to establish his righteousness, and all these things shall be added unto you” ([Matt. 6:33](#)).
- This means to assign first **priority** to God and to His work.

PRIORITIZE

- If we do not choose the kingdom of God first, it will make little difference in the long run what we have chosen instead of it.
- “Most men do not set priorities to guide them in allocating their time and most men forget that the first priority should be to maintain their own spiritual and physical strength; then comes their family; then the Church; and then their professions.”
--President Harold B. Lee

PRIORITIZE

- The titles of Mother and Father will persist after this life. All that we may acquire and any titles we may earn which are worldly will pass away.
- Do not be so busy doing terrestrial things that you do not have time to do those things which are celestial.
--Elder William R. Bradford

PRIORITIZE

- Find some quiet time regularly to think deeply about where you are going and what you will need to do to get there. Jesus, our exemplar, often “withdrew himself into the wilderness, and prayed” ([Luke 5:16](#)). We need to do the same thing occasionally to rejuvenate ourselves spiritually as the Savior did.
--Elder M. Russell Ballard

PRIORITIZE

- “When we put God first, all other things fall into their proper place or drop out of our lives. Our love of the Lord will govern the claims for our affection, the demands on our time, the interests we pursue, and the order of our priorities.”

-- President Ezra Taft Benson

PRIORITIZE

- Decide which things are most important and do those first.
- Make the best use of the time you have, and consider eliminating less important activities
- Listen to the Spirit. You might feel prompted to do something you hadn't planned on doing.

PRIORITIZE

- “When priorities are in place, one can more patiently tolerate unfinished business.”
-- Elder Russell M. Nelson

GET ORGANIZED

- Make a “to-do” list or a schedule.
- Write important events on a calendar.
- Don’t book every minute of your day.
- Leave earlier for places that you need to be.
- Get up 10 minutes earlier.

GET ORGANIZED

- I'm often extremely busy, and yet I'm wasting time. How about you? Other times I can be relaxing, thinking and feeling, pondering—and I'm using time very, very well! I don't want to mistake busyness for being effective or using time well. More busyness is not evidence that I'm good at using my time. In fact, doing the right things at the right time more often than not means being quiet and listening and feeling.
 - -Sister Mary Ellen Edmunds

LEARN TO SAY NO

- Why is it difficult?
 - “I have a ‘can do’ reputation to protect. Other women are constantly amazed at what I get done, and I don’t want to tarnish that reputation.”
 - “People will think I’m not wonderful. I want them to say, ‘Isn’t she a good person!’ It would crush me if they thought badly of me.”
 - “I’ll look like I’m not very organized.”

LEARN TO SAY NO

- You need to give other people the right to prioritize their lives in a way that makes sense to them. Likewise, you need to reserve the right to prioritize your life in a way that makes sense to you.

LEARN TO SAY NO

1. Don't say yes immediately.
2. Give an explanation, not an excuse.
3. Mark your calendar strategically.
4. Don't say yes unless you can do it without resentment.
5. Realize you aren't indispensable.

LEARN TO SAY NO

6. Be empathic.
7. Use “mixed feeling” messages to express your struggle with a request. “
8. Share the work with other people.
9. Don’t make it difficult for other women to say no.
10. “I would, if I could, but I just can’t.”

FEELING OVERWHELMED?

- Do you ever think “I don’t feel like I deserve the right to relax. My job is still undone.”

FEELING OVERWHELMED?

1. Make a “hassles” list.
2. Ignore advice urging you to always make every minute count.
3. Consider working easier, organizing less, and sleeping more as a way of reducing chronic exhaustion from never-ending juggling.
4. Set time limits on.
5. Practice downshifting.

FEELING OVERWHELMED?

6. Leave open time in your schedule.
7. Build into your schedule time for having fun and just relaxing.
8. Create uninterrupted time for important tasks.
9. Consider living with less.
10. Don't sweat the small stuff.

FEELING OVERWHELMED?

- You must truly believe that you are responsible (but not at fault) for your stress level and that you can control it. You must also truly believe that other people are not responsible for your stress level and that they can't control it.

FEELING OVERWHELMED?

- Seek help:
- Pray for help. Heavenly Father knows the pressures you are under, and He can help ease your burdens.
- Ask for help. Turn to your family, friends, or others if your load becomes unbearable and you don't know what to do.

TAKING CARE OF YOURSELF

- I'm the one who make myself happy or unhappy.
- “If you take care of you, you'll be in a much better spot to take care of them.”

TAKING CARE OF YOURSELF

- Many people, including me, have difficulty finding the time for sufficient rest, exercise, and relaxation. We must schedule time on our daily calendars for these activities if we are to enjoy a healthy and balanced life. Good physical appearance enhances our dignity and self-respect
--Elder M. Russell Ballard

TAKING CARE OF YOURSELF

- Make regular appointments with yourself. That way if anyone asks you to do something else, you can honestly say, “I can’t, I’ve got an appointment.”
- If you don’t take care of yourself gracefully, you *will* take care of yourself ungracefully.

PERFECTIONISM

- The more you do, the more everyone expects, and the more you expect of yourself. You set the tone.
- If it is worth barely doing, just barely do it

PERFECTIONISM

1. First, face yourself!
2. Quit demanding of yourself that you do everything perfectly.
3. Some things are not worth doing and others are not worth doing well.
4. Try to do some things badly. Pick up a new hobby, and expect to do badly at first.

PERFECTIONISM

5. Cut down on the number of things you're doing
 - a. Does this really need to be done? Why?
 - b. Can someone else do it?
 - c. Do I want to do it? Why?
 - d. Is it important for me to do it? Why?
 - e. Is this something that I can *not* do? Why?
 - f. What is the worst thing that will happen if it doesn't get done?
 - g. If I choose to do it, who can help?
 - h. Can I pay someone else to do it? Who? How much?
 - i. When in doubt, dump it!

PERFECTIONISM

- At times, I have invested so much time making sure my posters, handouts, and table arrangements were beautiful that I neglected to seek the Spirit to teach my lesson—and wore myself out in the process. For me, making a realistic preparation schedule and sticking to it and seeking the Spirit rather than the approval of others are much better ways to invest my time and energy in doing the Lord's work.

--Sister Cindy Peterson

THE WOMAN AND HER HOUSE

- Never in recorded history has anyone ever finished housework. There is always something to be done.

THE WOMAN AND HER HOUSE

1. Don't excuse yourself.
2. Use your vacuum creatively.
3. Separate yourself from your house.
4. Change self-talk—my house **isn't** me.
5. Quit mind reading.
6. Set your own standards.

THE WOMAN AND HER HOUSE

7. Determine your priorities.
8. Give up guilt.
9. Give yourself credit for what you DO do.
10. Make people your priority.
11. Hang tough (but cheerfully) to your new program.
12. Hire some help.

HUSBANDS, KIDS, AND HOUSES

- Do you “re-do” a chore?
- Do you complain when your husband doesn’t perform to your standards?
- Do you release yourself when it’s someone else’s job?
- Do you take “time out” occasionally so your husband understands what you do?
- Do you ask directly for what you want?

HUSBANDS, KIDS, AND HOUSES

- **Give Up Mind-Reading**
 - The most viable method of getting what you want is to simply ask for it rather than pouting, getting angry, or withdrawing.
- **Asking for Help**
 - Not nagging. Not complaining. Request instead: “This is what I would like, this is what would help.” Be task-centered regarding chores.

HUSBANDS, KIDS, AND HOUSES

1. View housework as “our” work. It’s family work, not the mom’s job.
2. Avoid doing things for other people they could do themselves.
3. Give children choices as to which chores they will do and when.
4. Trade your resources.
5. Teach physical independence.

THE WOMAN AND WORK

- There is no such thing as a nonworking mother.
- The question is not whether a woman is working, but where she is working because all women have 24-hour-a-day, 7-days-a-week jobs .

THE WOMAN AND WORK

- It is not the variable of employment that determines how children fare. “The more closely the children of employed mothers are studied, the more they appear just like the children of mothers who are not employed.”—
Mary Howell
- What matters most is a stimulating, nurturing home environment, and working mothers are just as likely to provide that as women who don't work.”--Adele Gottfried

THE WOMAN AND WORK

- Sooner or later, we all learn that our immortality is rooted not in our professional involvement and achievement but in our families. In time, all of our wins and losses in the workplace will be forgotten. If our memories endure, it will be because of the people we have known and touched.—Harold Kushner

DON'T COMPARE

- We need to think about the things that we have done, not the things we haven't done.
--Sister Barbara Winder
- “The more you do, the more you do; The less you do, the less you do.”
--Marva Merrill

DON'T COMPARE

- There will always be someone who can do something better than you can. What difference does that make?
- Rather than comparing yourself with others, the solution is to compare yourself with yourself across a limited number of criteria. Set realistic goals.

--Jo Ann Larsen

DON'T COMPARE

- Let's be supportive and kind to each other because we may be in a different season than our neighbor, our sister, our mother at our age, or whatever. We can't judge each other because we're in different seasons and situations. If we're not doing what others are doing right now, or if someone isn't doing what we're good at doing, back off. Let's back off and not judge.
--Sister Mary Ellen Edmunds

DON'T COMPARE

- This is a lesson we all have to learn: **only we can judge how much we can handle.** We often think that someone else is doing everything. But usually one sister is doing one thing, and another sister is doing something else, and yet another sister is doing another thing. Then we try to do it all! And when it all comes tumbling down around our feet we realize that we *can't* do it all. As we learn what we can do, we are growing; and then sometimes we can take on a little more—perhaps because of what we have learned in the process.

--Sister Barbara Winder