Thrive Through The Holidays

with Megan Darnell

DAY 2: MAKE A PLAN

Fly by the seat of you pants much?

I was making lunch the other day for myself and my 3 year old son. That seems simple enough, right? But somewhere in the middle of this task, I realized I was doing everything at once in no particular order. **It was mental chaos! I stopped, took 10 seconds and made a little plan**. From there, I made my whole salad, put the stuff away, THEN made his sandwich and put that stuff away. **Just like that I felt so much more organized and efficient.** My brain is quite scattered sometimes and thinking it through really helped.

A case for a Plan

Now, let's talk about your **amygdala**. Here me out... the amygdala is a part of the brain associated with emotions and responds to uncertainty and fear. **Planning creates a clear path forward and can reduce uncertainty by providing a sense of structure and predictability.** It takes out the fear of the unknown. Obviously, we can't know it all, but **planning as best you can will help quell anxiety.** It also helps offload some cognitive load onto external resources (like a task list or calendar), freeing up your working memory for more complex tasks.

Put it on your Calendar

Where to start? Well, technically you started yesterday when you thought about what matters most to you. What has risen to the top? Take that and put it on your calendar. Schedule it in. Yup, allow it to claim space .

Break it down! Take those large tasks and break them down into bite-sized pieces.

Plan to rest. This might sound scandalous, but plan some "me" time. Think of how you rest best and put that thing on your calendar.

Technology can help. Apps like Trello, Family Wall and Google Keep are very handy to help keep you organized and on track.

MORE ON DAY 3: DECLUTTER

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