

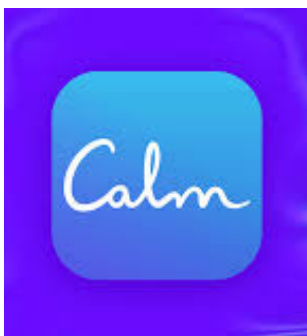
Your life will be in order when disorder ceases to get under your skin.



17th December 2020

In my house, it is called fish tank syndrome! This stems back to the days when we had a tropical fish tank at home and without fail, when I was losing control and had pressure and deadlines building up ... I would be found up to my elbows in stinking fish water and algae as I chose that very moment to clean the fish tank! As if I didn't have enough to do, the solution always seemed to be to do more! Over time, with tropical fish no longer being part of my household, I replaced the methodology with yet more ridiculous activities to burden myself when I already felt burdened!

It has taken hard work and effort to try and change this habit. Instead looking for calmness, spaces, reflection and pausing. In fact, now I believe that the more I have to do, the longer I need to pause. This reverse mindset is an active decision, supported by reading and the use of this app which is available for free or upgraded with subscription.



As we move through the last week of term, think about your habits and what "fish tanks" you use to survive. Give yourself a break and relax into who you are. Find time to actively embrace your disorder 😊