

Rhythm of work and play assignment

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The rhythm of work and play... ” It’s been an hour since I made a start on my home work. So far I have tidied my desk, organized my notes into alphabetical order, made myself a cup of tea and set out my highlighters. My desk is spotless, I am settled and ready to go but I haven’t done anything. Still, I feel a false sense of accomplishment and pride at my solid hour of work even though I’m no closer to getting a decent result In my Leaving cert.. Recognize yourself? Our generation suffers from an acute form of procrastination much Like Shakespearean Hamlet.

Look where It got him! While I am not suggesting oh will end up wounded fatally after a fixed fencing match, you may find yourself ‘ snowed under’ with work. The secret Is finding the balance. If something needs doing, do It. There Is nothing worse than putting It all on the ‘ long finger’. You only make It twice as hard, leaving It hanging over you with the result that you don’t get ample opportunity to enjoy your ‘ playtime’. When It comes to eating, studying, work and pleasure there is one rule I live by. I defer pleasure.

It’s the only way I can face into something challenging, knowing there is a proverbial light at the end of the unwell. By the end, not only do you have the sense of achievement eating the broccoli, but now you can enjoy the rest of your meal guilt free. Do what’s best for you. There are some of us who can keep going for hours on end while others need a break every half an hour. If you need a break, take it. There is no point in trying to fit yourself into category A when you belong in the latter. Pace yourself and when you’re finished don’t forget to treat yourself, go for a run or watch some TV.

Don't bite off more than you can chew. You're not going to study for six hours every day and cook the dinner and walk the dog. It's not going to happen. One of two things will happen. You will either burn yourself out or become overwhelmed and frustrated. Again, you need to find out what you have time for work and plan. You might need to make some sacrifices but that doesn't mean you need to give up everything you love doing. Organize your time and you'll be surprised how much you can do and still have free time to do what you like. Turn work into play rather than play into work.

Do whatever you can to making working/studying more enjoyable. Whether that means enlisting a friend as a study buddy or like the Americans, develop some kind of a reward system. When it comes to your free time do something that relaxes you and that you enjoy doing. There's no point going for a 'relaxing' jog if you're worn out or despise the thought of it. "... The Rhythm of Work and Play..." By Juliennes highlighters. My desk is spotless, I am settled and ready to go but I haven't done work even though I'm no closer to getting a decent result in my Leaving cert.. Much like Shakespearean Hamlet. Look where it got him!

While I am not suggesting 'snowed under' with work. The secret is finding the balance. If something needs doing, do it. There is nothing worse than putting it all on the 'long finger'. You only make it twice as hard, leaving it hanging over you with the result that you don't get ample opportunity to enjoy your 'playtime'. When it comes to eating, studying, work finished don't forget to treat yourself, go for a run or watch some TV. Don't bite off sacrifices but that doesn't mean you need to give up everything you love doing.

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