

Disciplines of Disconnection

There is a time to work and there is a time to disconnect from work.

From scripture, we know that Jesus understood the need to disconnect from work activity. After the disciples returned from their assignment...*the apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."* (Mark 6:7-12, 30-31)

There are four primary ways that we disconnect and recover from work that most contribute to personal well-being.* Each one requires some *disciplined action*:

<p>Psychological Detachment - <i>Ceasing job-related activities and mental focus on job-related problems or opportunities.</i></p> <p>Disciplines (add your ideas to the list):</p> <p>Leave work laptop in computer bag at home. Stop checking work email after 5:30 PM.</p>	<p>Relaxation - <i>a state of low activity, associated with non-demanding social, physical or intellectual pursuits.</i></p> <p>Disciplines (add your ideas to the list):</p> <p>Daily 15-minute wind down walk before dinner. No more than 3 roll-over vacation days per year.</p>
<p>Mastery - <i>Participation in off-job activities that provide challenging experiences and learning opportunities in other domains.</i></p> <p>Disciplines (add your ideas to the list):</p> <p>Take 2 classes of interest per year. Schedule at least 1 hour for hobbies each week.</p>	<p>Control - <i>Sense of control of the when and how of important life domains (family, leisure, self-care) other than work.</i></p> <p>Disciplines (add your ideas to the list):</p> <p>Close computer programs by 4:45 PM – set alarm. Begin wind down routine at 9:30 PM.</p>

*<https://www.researchgate.net/publication/6201016> The Recovery Experience Questionnaire Development and Validation of a Measure for Assessing Recuperation and Unwinding From Work

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