

The Most Important Thing You'll Do This Summer

The programming calendar for Jewish organizations is a lot like a roller coaster. You start up a steep climb, building anticipation and then rocket through twists, turns, climbs, loops, drops, and one last flash of excitement and then, before you know it, you come hurtling into the station and stop abruptly with a jolt.



The calendrical coaster is why it is so important to take time in the summer to rest and recharge. Many clergy and Jewish professionals view the slower summer months and vacation time as a chance to “get ahead” on work for the fall. While working ahead can be helpful to alleviate pressure and stress at the peak season of the High Holidays, it should not come at the expense of taking real time now to slow down and turn off.

"There is a lot of research that says we have a limited pool of cognitive resources," says Allison Gabriel, an assistant professor of management at Virginia Commonwealth University who studies job demands and employee motivation. "When you are constantly draining your resources, you are not being as productive as you can be. If you get depleted, we see performance decline. You're able to persist less and have trouble solving tasks."

Ultimately, recharging in the summer is a good way to put yourself in the best position to succeed in the fall. After all, even the best designed program won't be effective if you are not at your best to facilitate it. Taking that restorative break requires a deliberate strategy, so here are a few tips for an effective break:

- Take off several weeks in a row. The first week will likely be spent disentangling from your work-life and the people you serve. In week 2 you can really get into the relaxing.
- Remove email access from your phone while on vacation (consider leaving it off).
- Put on an “Out of Office” autoresponse - not just for the weeks you're on vacation, but also at the end of “reasonable” hours each day.
- Allow yourself to wake up without an alarm.
- Make time to do something you enjoy.
- Trust your team. Someone will be covering for you while you're taking this well-deserved break. Don't check-in. If they really need you, they'll let you know.

**Learn More About Good Questions Coaching & Tami Arnowitz at
www.goodquestionscoaching.com**

✉ TAGoodQuestions@gmail.com

📞 609-923-7519

📘 facebook.com/TAGoodQuestions

📷 @tamiema4

