Rebalancing – '8 x 8 x 8'

"In a Nutshell"

We work hard every day, we sleep to get some rest and we also like to have also have fun.

Like everything, we can organise our time to be really productive; getting as much sleep and fun possible…. we have choices

Dividing out day in 8-hour periods helps us to get more balance in our lives: here are the benefits of doing so.

8 hours of sleep

We all need a good night's sleep in order to get up fresh, to let our body get energy and our body to regenerate. Normally people sleep for 8 hours, some may sleep more or less. Sleeping for 8 hours help you to be productive and manage your appetite, helps your immune system function and your memory, besides other benefits. So, sleeping 8 hours seems to be the healthiest options for mostly everybody, if you find that you have a sleep issue visit your own GP

8 hours of work

Being productive makes us feel valuable and useful, we contribute to the progress of other people and the business we work for.

Sometimes we tend to work too many hours, but that doesn't mean that we are more productive; being productive is about how much we accomplish at the end of the day.

Often our energy lowers after 6 hours of working, a lot of company leaders work less than 8 hours a day or they work 8 hours divided into short periods of time, combining those with other activities that are not related to their job. If we work all the time without any holidays or days off during the week we will be very tired and won't be able to concentrate. **We all need to do other activities, besides working, we need to enjoy life.**

8 hours of recreation

Not everything in life is work, there are plenty of other activities that we can do and should in order to be more productive, feel more relaxed and get more energy - like *meeting with friends, doing meditation or yoga, attending an event, going to the movies, artistic painting, having an exercise routine, visiting friends, going out and socialising.*

Activities like this will help us be more productive and to feel better, to accomplish more as human beings and to get more balance in our lives.

Dividing your day into 8-hour periods may help you achieve more balance in your life. Many people follow this, even doing this without noticing. **What about you?**