

# Transcription

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Welcome to the Samantha Leith podcast with me. Samantha Leith. I have a passion for exploring anything and everything that can help us to be extraordinary. Each week I'm going to dive into a topic and explore it extensively. Because if there's something that makes for a better life, I want to learn about it and more importantly, share it.

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And hey, you may just get the OD song thrown in. There'll be deep conversations, fun and frivolity helpful tools for you to add to your life straight away. Random musings about anything from coffee to sex and information that may just blow your mind. This is a podcast for dreamers, believers, action takers and achievers. It's personal development, but not as you know it.

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Good morning and hello and welcome to the Cement Police Podcast episode number 27. We're going to be talking about how we use busyness as a measure of our self worth and also a little bit like an avoidance technique. Yes. Coming from the queen of procrastination myself, I will admit yep, I think I use busyness sometimes as a bit of an avoidance or procrastination technique. So let's get into it.

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What exactly is busyness not good? When I'm tripping up on the words right at the beginning? Well, if you have a look on Google and do a bit of a dictionary search, I get the general idea that it's something along the lines of the state or condition of having a great deal to do. Okay. The kind of people that have a never ending to do list or as I've previously said myself and also to some of my clients, well, is it a to do list or is it more of a to don't list?

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I'd like to challenge us all on that one for another time. Actually, ask yourself that question, do you have a to do list or a todo list? So I have suffered, or maybe suffered is not the right term. I've definitely fallen into this world of thinking that the busier I was, the more important I was, the better person I was, the more meaningful my life was.

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I tied a lot of significance to being busy if I was the kind of person that could that had boundaries out the woohoo and would work when I needed to work or answer a phone call when I needed to work, because it me busier and I've got so much to do. I've got so much to do, and I wasn't very good at having nothing to do. Because somewhere along the lines, whether it was a conversation in my childhood or something I'd read or something I'd observed, I kind of equated free space or free time or nothing to do as laziness or as well, I'm obviously not very important. Because even if I've got nothing social to do that day, then I'm not rushing from there to there. And, oh, my gosh, that means I'm less than okay.

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And I used to take great pride in having this crazy, ridiculous schedule. I'd have three events on in one night, plus working during the day and this and that and this and that. And I thought it meant, hi, I'm some athlete. I am so busy, I'm just fantastic. No, it meant I was being an absolute douchebag to myself and other people and not doing the right thing by myself or other people or people I was working for or gigs I had or any of those things, because I was just in this whirlwind of thinking I was nothing unless I did all this stuff.

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And it just led at various times in my life I've done this. And I've been going through a little bit of a patch of that on off this year for various reasons, some of which led me to think about this, actually, because for those of you who don't know at the moment, there's a lot going on in my life. Disabled dog work, blah blah, daughter Bats going to her HSC sort of study time, end of financial year, like, lots of stuff. And I found myself again going, okay, look at my day. I've got these 438 things I've got to get done.

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When am I going to get them fit in lunch? And oh, my God, I'm definitely not going to have some time to exercise because they need me and they need me and they need me and they need me. And I get to the end of the day in the last couple of weeks and I'm burnt out, for one and not achieved all or sometimes even any of the things that I wanted to get done and feel terrible. Terrible. Okay?

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So this isn't a new thing for me or for anyone else. Society does place people that do a lot of things on a bit of a pedestal. We've all heard the I don't know how she does it all, or the five morning hacks of the ten richest people in the world and how they get everything done. And we need to in order to free up more time and space to get more done. And I'm using inverted commas.

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If there's air quotes, you could see this on video. How can we change things in our lives? We don't need to think about what we're wearing or what we're eating, et cetera, in order to then be able to get more done. And oh my gosh, if you are the founder of X, Y or Z company, how to learn how to only have 4 hours sleep so you can get more done, okay? Now, a study in 2016, got a little note here by the University of Maryland showed that people that were perceived as being busier were often seen as having a higher status.

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Okay? Now, we literally put them on a pedestal. We go, oh, you're so clever, you do so much, and down to, okay, I'm not a royalist nor do I think we necessarily need to rush Australia I'm not a monarchist, rather. Nor do I think we need to rush Australia down the path of not having the royal family as part of our world because ironically, that will take a lot of work and a lot of money. I think we've got more important things to do in Australia than becoming a republic at the moment.

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But this isn't a political debate. How often have we seen quotes about stories about the busiest working royal or Princess Anne or something like 3.4 events a day and has done for her working life? I'm just making up that figure. But the Queen was working right up until the day before she died, et cetera. Even those people now, they're not making dinner and doing all the other things that most of us immortals need to do.

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But even then we're going, look at all these things that they can do. They must be really important. They're not okay, they are to some people. But the busyness that anybody does doesn't make them better than or worse than other people, and it doesn't make them more important. And one of the reasons I think, and I know for myself that I fall into this trap sometimes is I don't want to fail.

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I've got this fear of failure. I've got a fear of rejection almost. I think sometimes the fear of success comes to play in it as well, because the busier you are, if you're running on like a rat on a treadmill in a cage, you're not necessarily getting a lot done, so you're not going to be successful. It's actually harder, I think, to be successful when we're doing it life this way, but it also gives us this kind of illusion, and it is an illusion of control over our lives or control over what we're getting done if we can't feel powerful, I think, when we're actually doing it. And the crazy thing is, a lot of the time when we're living in this busyness world, our boundaries are out of whack and it's not actually us with the control at all.

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We're at the mercy of all those things we need to get done for other people. Or I've got to meet this person for a drink and then this person for dinner, and then I've still got to make the 15 cakes to take to the school thing tomorrow. So we're actually not in control. Okay. And it also I think this is such a big one for me.

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You've probably all heard the term buffering or how we numb ourselves. I prefer the term doing things to numb myself rather than buffering, but how we'll do things to stop ourselves feeling something. So we'll eat something to stop feeling sad or we'll watch porn to stop feeling lonely, or we'll shop to stop feeling stressed about our life or any of those kind of we've all done it at some point. And I'm just going to say to you honey, if you're listening to this and saying, no, I've never done that in my life, you is lying. You will have done it at some point in your life, I think you promise you.

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And I think being busy is just another form of this numbing. It's an avoidance mechanism. We do it so we can stop ourselves because we quite literally don't have the time or we think we don't have the time to think about some personal issues that are going on or financial issues that are going on or insecurities or stop us just having the space to think, basically. So I want to ask you this question and I'm going to start doing this in some of the podcasts that I do is kind of sprinkling in some self reflection questions as we go. So I asked myself this question in my journaling this morning and I'll tell you what my answer is in a second.

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But the question is what am I avoiding by staying busy? What am I avoiding by staying busy? Now, my answer was I'm avoiding launching, by filling my life with all the stuff that I've got going on. I'm avoiding doing the one thing that I know at the moment would be a bigger game changer in my life.

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There's gold them there and those nuggets people. So what are you avoiding by staying busy? Now, I was listening to a Rebecca Minkoff podcast the other day. I just had a mental blank as to what the podcast is called. Superwoman maybe should have written that down.

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Anyway, it was an interview with a woman called The Job Doctor, a lady called Tessa White. And if you don't know her and you're in the corporate space or you're working at all for other people, check her out. The Job Doctor, Tessa White, she's on TikTok and all the places she's had this incredible growth on TikTok in the last few years. Like some things with like a million views and things like that and she helps people deal with she was in HR for a long time. Helps people deal with stuff in the workplace.

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Anyway, totally beside the point, but I like interesting people and I think you should check it out. And she said this quote and she said it has always stuck with her and it really, really helped her in life but she couldn't remember who told her or who to attribute it to. And I had a Google and I couldn't find to attribute it to either. But I'm going to tell you it start again. Samantha Leith when who you is is what you do, then when you don't you ain't bab.

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Yes, tying who you are to what you do when you stop doing it, you're not that person anymore. Now close. Michael Tribe was a quote by Wayne Dyer, which is if you are what you do, then when you don't, you aren't better English. I got a better English and better grammar. But we get the point when we're busy and we tag everything we are onto that busyness.

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When we stop being busy, it's like, who that? Are? We like, oh, I'm just Sam, mere mortal who only has one thing in her diary today. The shock, the horror. Oh, my gosh, maybe I could actually finish that book I wanted to read.

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Maybe I could do nothing. Maybe I could think about the things I want to do. Doesn't mean I'm less than who I was the day before when I was really busy. Now this crazy busyness.

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So many negative effects on our lives, people. So many negative effects. It's been discombobulating for somewhere for some reason, for all the reasons. Love that word, discombobulating. And it's really negative.

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Like, so negative. I actually can't think of that many positives for being it. I mean, don't get me wrong. There are certain times in our lives and certain times in our year when things are going on and you have to be busy and you may have your entire day scheduled in 15 minutes increments and have a lot to do, but it's unsustainable. And those little moments when you have to do like, do that absolutely fine.

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Not a problem. What I'm talking about is when we create our lives in this crazed busyness to make us feel good or avoid something or feel that we're more than that's what I'm talking about being in the negative sense, okay? So don't think I'm telling you never to have a busy day in your life. Chronic busyness that I'm talking about. It increases our stress levels.

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It disconnects us from ourself. We're not thinking properly. Our system is totally dysregulated. Our emotions are dysregulated. We can suffer from burnout.

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We have absolute physical symptoms of stress. When we're really busy, we're more likely to not do that walk in the morning or not do that stretch before we do the run and therefore then we hurt ourselves. Or we can just do silly things like burn ourselves on a pot because we're not thinking about what we're doing because we're rushing to the next thing. Now, my busyness, when I've had these moments, the things that happen to me really, really quickly and it's happened this year for me is I put on weight and I kind of go, well, that's not fair because everybody else I know that's really busy. When they're really busy, they get really stressed and they don't eat, and then they lose lots of weight.

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So how come I put just stop there, Samantha. We're all different. We're all people. What happens for me is I take my eye off the ball of the things like my exercise first thing in the morning, which makes me feel better, which makes me then eat better during the day, not necessarily strack at things, not have two glasses of wine. It kind of is that runoff so the minute I start getting stressed and into that world of busyness, my morning routine suffers.

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And then that's when things go pear shaped for me. And then I go, oh, this isn't good enough. So I'm going to add back in that stair workout or that water, whatever in the morning and then I go to do it hell like, like a crazed woman for the next few days and then hurt myself. And if I just stuck to it all the way through and not fallen into the busyness traps, wouldn't have happened. So that is definitely the biggest, big one for me.

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For some people, it can lead to disconnection from family, it can lead to I had a client once who was so close to divorce because of the way they led their life in a busyness pattern. Now, there's always problems in marriages like that's not going to be the primary reason, but when we could look at what they were doing in this busyness cycle and remove a couple of things and have some more time for their relationship. All the other stuff, they kind of talked about it, made it happen, but they were avoiding doing looking at what was going on in the marriage by being busy, which was then making it all fall apart a lot quicker. Okay? Now for some people, myself included, our values play a really, really important part of our life.

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And by looking at your values, you can get a really good indication of why you are being busy in some ways. So it can be a bit of a clue. So say one of your top five values is your job satisfaction or the word I'm looking for like career projection for your career. And so you start getting busier and busier and busy because you think, okay, if they notice me in the workplace, I'm going to get that raise, I'm going to get that promotion. And so you put those two things together.

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Likewise, if one of your highest values is money, you might start being in a really busy cycle and not be able to get out of it because you're chasing the dollar, chasing the dollar, chasing the dollar, chasing the dollar. So you sit down and think about how tied are they together and can I be doing something else to make me feel in alignment with those values? Okay, so take some look, just carve out 510 minutes whenever you can to disconnect from this busyness. And if you think you do need to live a life that is totally time dependent, which I've felt at some points in my life, and I tell you, with ADHD, I am yet to find a really good way for me to manage my time. Ironically, when I first started coaching, I talked all about systemization and business systems and time management was a huge part of that.

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But I was so strict and stringent in how I had led my life. And that had been a coping mechanism for me because I didn't know I had ADHD. So I'd learn how to do all these structures so my life and my time didn't fall apart. Now that I know, after it did all fall apart, I'm yet to find quite the magic mix for myself. So I just encourage you to try whatever it is out there in terms of how to set your schedule.

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But I really encourage you to set aside some quiet time into your day, like every day, whether you're walking without a music or podcast or something like that, or it's ten minutes before we go to bed. Whatever it is, just take some time away to disconnect and reflect. If it's your journaling time in the morning, great. If not, pick it at some other time. So how do we get out of this busyness cycle?

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How do we break free from busyness? Oh, my gosh, I'm going to sound like a broken record. If we could pop in some more mindfulness habits into our life, it makes everything so much better. So you can have a look in my podcast. You can go on to the Semantics Lathe website.

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There's all sorts of resources there for you about how to help you with mindfulness techniques. We've got things like breathing and journaling and meditation and whole lot of things you can do. If you can bring in some of those into your life, it does help you break free from busyness, because we're taking that time to actually reconnect with our bodies. Okay, and stop that. I don't know about you, but sometimes if I'm like crazy, crazy business woman, I can actually feel like under my skin a little bit.

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Like catchy it's, like just go, go. The Energizer Bunny is under your skin almost. Okay. And no matter who you Google, you will find another study on telling you how any of these mindfulness habits can improve your anxiety, improve your stress, improve symptoms, and help you get back into who you are and what you actually need to be doing rather than running around like a mad woman. Okay?

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Another big way to help is better boundaries. Now, I answered a phone call from a client the other night at 10:00 p.m. When I was sitting doing something with my daughter, and I solved the problem pretty much fell to pieces afterwards, going, what am I doing, what am I doing, what am I doing? Because in that moment, I felt important because I was answering the phone and helping them with the problem. Then I looked at my daughter and she understands and I do it very rarely, but then I was like, oh, I should be present with her.

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What am I doing? What am I doing? My boundaries have gone out the window, so my phone is now back on. Do not disturb when I get back into family time or me time, okay? That is as much as we want to talk about how phones are really bad for us, some of the things that we have available on our phones can be really helpful.

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So the do not disturbs, the setting time for work mode, the notifications to change what you're doing, all that kind of stuff. So take some little steps to help yourself by using a device to help you. Okay? One thing you can do and another thing you can do with that, because boundaries are such a bigger part of it, is just remember that no is a full sentence. Okay?

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I can get more deeper and ask you to think about what you're doing in terms of it is essential or does it align with your goal and visions and things like that? Yes, absolutely true. I want you to do that. But at this first point, if you can just go, no, my phone is on. Do not disturb, it's me time really help.

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Promise. Okay, so what happens when we can actually give a great big warm hug and embrace a life beyond busyness? Will we go, oh, my God, I don't mean anything, I'm nobody because I'm not busy. Don't laugh. I've really been scared of that at some points in my life.

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But it's not true. If you're not busy, you have deeper connections with people because you're not rushing to the next event. You have increased fulfillment because you're spending time doing the things you want to do. Rather than rushing around trying to do 500 things and be a million things to ten different people, or the other way around. You have a greater impact on the world if that's what you want to do, or greater impact on your family, or a greater impact on yourself.

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Okay?

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If we can dream something and believe it and we can take the action we need to get there and then we can achieve it, we have a greater sense of well being, we have a greater sense of who we are. And busyness does not help us get there, okay? Living a value fulfilled, passion fulfilled, goals, orientated life is what helps us get there. Don't be scared. You were born.

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You're on this planet, which means you are worthy. Okay? End of story. It means you are enough. Okay?

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End of story. Being busy doesn't make those any better. It will just make you feel worse. So another little quick self reflection question for you. I want to ask you.

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What is the one thing that brings you joy that you've been neglecting because of busyness? Just one thing that brings you joy or the one thing that you're really passionate about and you're not doing? You've been neglecting it because of busyness. Ask yourself that question, please. Okay, so let's wind up, shall we?

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Busyness, that terrible thing we do to run around like mad headless chickens just to think that we're effective and we are important to the world. Well, we are anyway. Okay? We want to break free from that cycle. We want to take some time for ourselves.

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Bring in some mindfulness techniques. Open up more space in your calendar. Don't be so regimented. Pick up on your boundaries. Remember to say no.

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Okay, so what can you do this week to help with this? As I said, grab your iPhone or your Android, whatever it is. They've all got the same kind of things and help use the tech that's available to you to help you open up some more space in your life. Okay, do the self reflection questions and remember, your worth, your enoughness. Your value is not measured on how busy you are.

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There is no gold star reward for getting to the end of this thing called life and going, Now I can take a breather. You have missed so much magic on and along the way. Remember that. It's really, really I promise you it's possible. And it's so rewarding to live a life where you're not doing all of this and it really is in alignment with your values.

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Okay, so thank you for listening today. Thank you for taking time out of your busy life to listen to this podcast. I really, genuinely appreciate it. And I'm going to keep you up to date on the socials. Follow me at Samantha Leith Everywhere about how I'm going with my busyness.

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Because I wanted to talk about this today because I've been falling back into it, and I don't want to. It's not good for me. It's not good for me or my daughter or my business or my friends or my family. Yeah. Got to stop it.

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Got to stop it. So I'm working on it, and I really encourage you to do the same and let me know how you're going, okay? Shoot me a message, tell me how you're going, and let's break free of this busyness cycle, because as you know, the ad says you're worth it. We're worth it. Have a great week and I will see you soon.

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Thank you for listening to this week's episode of The Samantha Leith podcast. If you enjoyed this episode and want to dive deeper into the world of personal development and what's possible for you, then I'd love to invite you to join the club. It's my monthly membership designed to guide and support you with the tools and the coaching you need to be extraordinary. Head on over to [SamanthaLeith.com](https://SamanthaLeith.com) Forward slash the club for more information. I'd love to see you on the inside.