

### BUCKET 3: UNHOOK

Unhooking is about letting go in the sense, first, of relaxing. Its value is in the fact that it's enjoyable. The bonus is that those able to relax more in their leisure time feel more recovered for their work and other responsibilities than those who relax less.

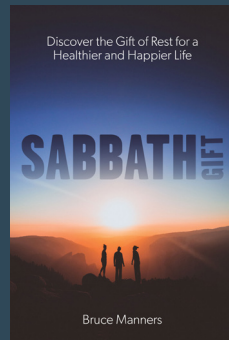
Then there's psychological detaching from work—whatever that work might be—being able to put work out of your mind. It isn't enough to physically get away from your work; there's a need to mentally get away as well.

To boost your life, there's a need to work on rebuilding your physical and psychological resources; nourishing your physical and psychological needs; and unhooking by physically relaxing and psychologically detaching from your work. All of this takes time. Time to relax; time to do something different; time to rebuild resources; time away from the workplace.

Time to sabbath.

The science is in. Taking a Sabbath is good for your body, your heart and your soul, so why not give it a try?

DISCOVER THE GIFT OF  
SABBATH—A TIME TO  
DISCONNECT FROM THE  
MADNESS OF OUR FAST-  
PACED WORLD.



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# SABBATH GIFT

## SABBATH

from Hebrew *shabbath*  
(meaning, to cease or to rest)

1. a time of rest.
2. the seventh day of the week, often from Friday evening to Saturday evening, observed as a day of rest and worship by Jews and some Christians.

Too often, we are time poor. Too often, the things that are life enhancing, personally fulfilling and inspiring take second or third place because the things that need to be done get in the way of these possibilities. Too often, the urgent in life demands attention, while life itself and our dreams gradually slip away.

We know we can't recover the time that has already passed, but there are ways we can take more control over the time that's ahead. In fact, there's a whole movement based on the idea that being on the go 24/7 is a bad idea—it means pushing ourselves to a seven-day-a-week agenda without time for ourselves or those important to us.

It's time to live 24/6. That means taking one day a week for you. And yours. And the things that make life meaningful for you. It's time to slow

down for one day a week. To rest. To take time for what's important in your life. To sabbath.

In the book *Boost: The Science of Recharging Yourself in an Age of Unrelenting Demands*, researchers Jamie Gruman and Deirdre Healy ask the question: How can your downtime be turned into uptime? Downtime comes in those times when you aren't busy or working. Uptime, done right during downtime, can bring recovery and replenishment.

Taking a day to rest each week—a Sabbath—is downtime. Turning this into uptime, time for renewal, is the challenge.

Gruman and Healy use the analogy of three buckets to help us understand how to get the most out of life.



## BUCKET 1: REBUILD

Two types of personal resources are used in the work environment—physical (energy and stamina) and psychological (concentration, emotional regulation and self-control). And just as physical resources can be exhausted, so too can psychological resources—self-control, for instance.

Gruman and Healy use the example of a lawyer who argues cases in court during the week, then coaches his daughter's softball team on the weekend and has to argue with parents about who will be the starting pitcher. This is not filling his rebuild bucket because he's using the same resources that he's using during the week.

He needs to find some other role in the team or do something else where he doesn't have to use his argumentative side. Then he'll not be using the resources and approaches he uses at work, which gives them a chance to rebuild. Otherwise, his downtime won't be uptime for him.

## BUCKET 2: NOURISH

"Nourishing needs is necessary if you want to thrive," the researchers say. Necessary? Well, yes. For instance, when considering physical needs, it's obvious that if you don't eat, you die. That's extreme, but you also need to sleep and exercise. You may not die without sleep or exercise, but you will be less effective. Or worse, less alive.

On the psychological side, there are three important needs. Relatedness is the need to feel close and connected to other people. Autonomy is the need to feel as though your activities and experiences are freely chosen—choosing where to vacation, for instance, does this. Competence is also important; that's the need to feel effective at mastering challenges.

Taking a weekly Sabbath allows time to relate to others, to build up our spirit and to get in the right headspace to help with mastering those challenges.