



Choosing you in the crowd...

If you've ever been on a fun run or in a mosh pit then you'll remember the feeling of momentum that comes when you're in a crowd. It's an impelling force that can help you run further and faster than you'd ever do on your own. When you're in the middle of a mosh pit your life depends on moving the same way, at the same time, as everyone else and when hoards of people are doing the same thing, there's an incredible sense of feeling the same and belonging. These can be some of the best experiences of your life, but it is impossible to do this every day no matter how hard we try to.

Beware the extrinsic trap!

If you find yourself, or someone you know, consistently focusing on the needs and expectations of others, at the expense of their own, it's worthwhile knowing they're caught in the extrinsic trap. It's otherwise known as: always trying to make others happy (at the cost of one's own contentment and calm), feeling pressured to meet demands from work, friends or family and coming to the end of the week with no time for self-care. This is just a few steps away from burnout syndrome; when people start to feel overwhelmed and unable to cope with daily demands. This sense of obligation and needing to keep up has been dramatically exaggerated in recent years, largely due to the huge increase in social media use and the inherent subtle messages that can imply you're falling behind the eight ball and not keeping up with what everyone else is doing. This mode of functioning for too long and it can really take a toll on you and your most important relationships.

Hopping out of the pits...

There's a time to fall in with the crowd and there is a time to find your own path and rhythm. A simple way of finding your intrinsic guidance system is to stop and think before saying "Yes" to anything. Contemplate, *'Is this what I really want to do right now? If my time were the most valuable thing I have, would I choose to spend it and invest in this activity?'* These simple questions bring you back in touch with your own needs and what has **real** value for you, taking you out of the 'pull of the crowd'. Find your own voice and choose you... until you want to run the next marathon or groove to your favourite sounds.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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- ✓ Crowds are impelling - be careful not to be swept away.
- ✓ Extrinsic functioning leads to burnout and overwhelm.
- ✓ Finding your own internal guidance is the key.

"If you follow the crowd you might get lost in it."

Anonymous

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Practical life strategies for women