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CW Bulletin is the e-newsletter supplement to *CW* magazine. Sent each month to all members, every issue of *CW Bulletin* presents articles, case studies and additional resources on timely topics in communication.

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Point of View

When Your Get-Up-and-Go Just Got Up and Went: Five tips to refresh and renew yourself

by Eileen McDargh

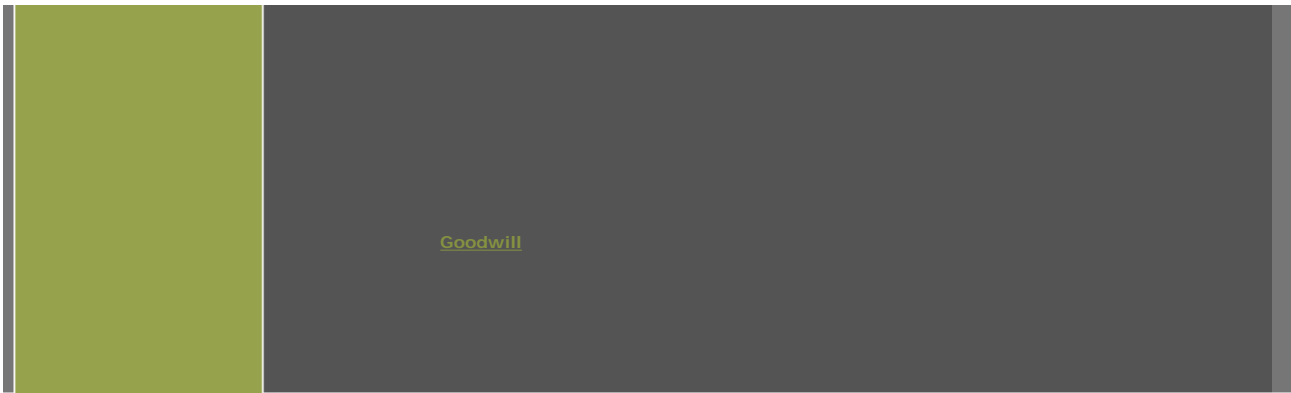
Let's face it: A new year doesn't always feel new. Too often it feels like nothing more than a new calendar in which to write down pages of nonstop activities, project deadlines, social obligations and commitments made by someone other than yourself.

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So stop! It's time to plug into something that you choose—something that can renew your batteries and refresh your interest in work *and* life. Unlike the bobble-headed figures that nod "yes" at every touch, you do get to declare "time out" and place yourself first.

Here's a list of ideas that will help leave you refreshed and ready to face any challenge.

- 1. Retreat in order to advance.**
Take yourself away for at least two nights and three days for a silent retreat. Yes—silence! Forbid yourself to use the phone, the television or the radio. It's time to listen instead to the voices in your head that have been trying to get your attention for ages. Write what you sense. Think on paper. And make resolutions that speak to what matters most.
- 2. Experience something far afield from your profession.**
Take a class or read a book that is *not* in your chosen line of work. Select something that piques your curiosity. The notion is to look for connections or ideas that might stimulate a new way of looking at your work or your life.
- 3. Stretch yourself.**
If you take an exercise class once a month, try going two more times. If you cook the same food the same way, alternate with a new cookbook. One father I spoke to saw himself as totally ill-equipped to ride anything that had fewer than four wheels. But he took motorcycle lessons with his teenage son, and his sense of personal accomplishment grew along with the bond to his child.
- 4. Practice your art every week.**
Everyone has an art. It might be hammering nails or singing in the shower. It might be designing a garden or counseling a friend. But it uses a talent



Goodwill

Since 1980, Eileen McDargh has helped Fortune 100 companies as well as individuals create connections that count and conversations that matter. Her latest book is Gifts from the Mountain: Simple Truths for Life's Complexities. Read her blog at <http://eileenmcdargh.com/blog/>.

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