



Wellbeing Insights

Prioritising My Own Medicine

Recently, our family embarked on the significant challenge of moving house. As a family of six who have lived in the same home for the past 15 years, the transition to downsizing has been both purposeful and demanding. While the process has brought moments of nostalgia as we sorted through treasured keepsakes, it has also tested our decision-making stamina and physical endurance.

Jeanette and I are excited about embracing a simpler lifestyle, carefully evaluating our material needs and letting go of excess. At the same time, we're deeply connected to the cards, letters, photos, and memorabilia that hold so much meaning—gifts from family, friends, neighbours, colleagues, and students over the years. As a family, we set a challenging goal: to condense our cherished keepsakes into a single 52-litre storage tub each. This meant sifting through roughly four times that amount for each of us, a process that was as overwhelming as it was rewarding.

Despite the magnitude of the task, the joy of re-reading and sharing funny moments, stories, and milestones has been priceless. Each of us paused at different stages to capture photos and send gratitude messages to long-time friends and family members, reconnecting through the shared memories these keepsakes brought to life.

For me, re-reading old journals—six in total—and over 200 letters and cards exchanged with Jeanette was a profound experience. A recurring theme stood out: reflections on how busy life was and aspirations for greater balance. As I sat there, nearing the end of 2024, I realized something important: this pattern hasn't changed much over the years. I often find myself with a long list of ambitions and optimism for what I can achieve, yet striving for the elusive balance that I've been seeking for so long.

Interestingly, the first line of my current, personal manifesto reads: "I actively seek to live a balanced life." This reflection has solidified my resolve to make 2025 the year of small, meaningful changes toward that balance. Inspired by Sue's writing on Small Steps and Great Small Steps (Chapter 16 of our book), I've revisited this wisdom and committed to taking actionable steps. The title of this blog, "Prioritising My Own Medicine," isn't a negative statement but rather a motivating call to action. This morning, for instance, I literally took some medicine—pain relief for my back after too much heavy lifting with poor technique—and it helped ease my discomfort. Later today, I plan to take some 'social and emotional medicine' by carving out time for meaningful moments, prioritizing balance, and doing less.

So, I invite you to reflect: what is your own medicine? What small steps can you take each day or week to ease your journey and create a more balanced, fulfilling life? Whatever it may be, I hope you embrace it with intention. Go well!