

Self Management Toolbox

How Do I Empty My Beaker?

Now we get to the fun part; emptying our beakers. I'm betting you already have a few things in your life that you've recognized help you make you feel a little more calm and happy once your beaker is starting to get full. Those are perfect things to add to your Empty My Beaker list. Let's look at some things I have laid out over here. And there's lots more ideas where these came from. Banging away on the drums was always a great one for me, although it took some convincing for my Dad to get me a drum kit given that we lived in a funeral home. When I was away at school and couldn't have my drum kit, music was still a big source of soothing for me; listening to music, even singing along. And if you ever feel like you have to hurl something, pillows a fairly safe bet. Another big one for me, going for a walk or a run, although, um, it only ever worked for me if I went alone or my dog could come. When I was younger, my nose was always in a book. Plus there's nothing like a good laugh to drain a beaker. Now that colouring book there is, is a good example of not everyone will find the same things lower their beakers. For some colouring might work great, but for me with my OCD wanting everything just perfect, colouring could actually fill my beaker. On the other hand, my OCD loved Lego, putting every piece in its right place, very relaxing. Lastly, keeping your mouth and hands busy can be so helpful with gum or, or fidget toys when you're trying to pay attention....for example to some boring doctor who's talking on and on and on and on. You know, whatever it is you decide to put on your own list, um make sure you let others in on it, uh especially if some of your things that empty your beaker involve other people. Like for example, getting a nice relaxing scalp massage from your girlfriend. Or um a favourite game you like to play with your Dad or even, you know, talking to your friend on the phone. Uh, you might be helpful to even have a code phrase so that those cheerleaders when you say something like 'my beaker's full' they'll realize this just isn't any old request, you really need their help right now with emptying your beaker. Now, as I said before, it can be really hard in a full beaker moment to remember anything at all, let alone, all this stuff. So get something else to remember for you. Um, maybe you want to type out your top 6 best um things for emptying your beaker. Print it, laminate it, stick it in your pocket. Or you uh type in your, your favourite beaker emptier ideas um, into the screen saver on your smart phone or on your computer. Or you can even make a keychain up with all your, your favourite options for uh, for emptying your beaker. Now I could keep going but I'm sure you get the idea. Maybe there's just one more thing I'll mention and that is that um, try to have a variety of things on your, on your list, things you can do at different times and different places. Um, it'd be good to have at least one thing on your list that you can take anywhere and do at any point. So, uh, I'm Dr. Dunc.....stick that tool in your toolbox.