

THE POWER OF NO

Give yourself permission to have a no day
2nd Story Counseling.

Think about all of the activities you are involved with on a daily basis, including taking care of household administration activities, commuting to your job, meetings, school work, telephone calls, family affairs, etc. Do you ever find yourself asking, “What happened to my day?” or, “I’m exhausted?”

Feeling overwhelmed, rushed and “burnt out” can be a natural reaction to stress, which over the course of time can lead to feelings of irritation, anger, anxiety and for many, depression. This can happen when we are attached to multiple projects, are involved with complicated relationships (personal and business) or when we have not given ourselves the opportunity to replenish the emotional, physical, mental or spiritual aspects of our lives.

For this assignment, allow yourself to schedule a day during the week in which you give yourself permission to say “NO”. Giving yourself permission to say “No” means:

- **NO** to the telephone – making or answering calls (landline or cell)
- **NO** emails (sending or checking)
- **NO** to looking at your personal electronic device
- **NO** to attending to bills
- **NO** to doing time consuming housework (i.e. mopping floors, etc)
- **NO** to running errands for friends, co-workers and even family
- **NO** work related activities at home whatsoever - zip, none - nothing!!!

In other words, **NO means NO**. It may even be helpful to say this out loud when tempted to engage in activity that violates your NO day. In replace of that "no" however, consider finding something healthy and restorative to say, “YES” to! This could be a bike ride, watching movies, hanging out with friends or whatever else nurtures your emotional, mental, physical or spiritual life. At first, saying NO to people, things and activities may be difficult, so it may be easier to schedule a “NO” hour or a “NO half-day”. At any rate, allow yourself time to ease into a full NO day if you need to. Over the course of time, you may discover that saying no becomes easier and perhaps, even empowering! And who knows ... your NO day may turn into a NO week ☺