



BUILD THE LIFE YOU DON'T NEED A VACATION FROM

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**MEMBER
FEATURE**
PEER-TO-PEER ARTICLE

As humans and office managers (OMs), some days we think, “How am I going to do all of this?” or “Where did the day go?” or “I am just one person!”.

Overachiever, are you? You probably have always been that person reaching for the sky in your professional and home life. Sometimes it really can be too much. You know, those days you're pulled in so many directions between work, family and self? (Yes, I mentioned “self”; you're important!)

I am pretty sure most of us have felt this way at some point: trying to do it all. It feels overwhelming and impossible at times. You use every ounce of your energy. The stress, anxiety and worry begin to build. Then add a global pandemic and

the attack on Ukraine. Now we're feeling the stress and worries of the world!

Does any of this resonate with you? Stress is everywhere, isn't it? Sometimes stress can even come from feeling helpless, not just our busy lives. This has been true for me, most recently when watching the nightly news and seeing what is happening in Ukraine. Think about it. We have been dealing with chronic stress for over two years as a result of the pandemic. The only thing we could do was try to manage our feelings that caused this stress.

The thing about stress is it can sneak in and create a harmful paralyzing feeling that stops us

from moving forward and can cause serious health concerns.

So how can we manage this stress and worry? Taking our vacation time to relax and fill ourselves up will maybe help for a week or so. But for me anyway, sometimes vacations actually seem to add more stress to my life. Just trying to get ready for the vacation and then playing catch-up when I come back to reality takes that “vacation feeling” away. Instead, let's build a life we don't need a vacation from!

I am not a professional, and I am still a work in progress, but I would like to share some of the ways I try to manage my worry and stress.

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ACCEPT

I finally accept that I cannot do everything perfectly. I learned to prioritize, delegate and accept help. Accepting help was, and sometimes still is, the most difficult for me.

FOCUS

I try not to look at everything and get overwhelmed so I can better focus on what needs my immediate attention.



MEET THE MEMBER

Rosanne Kassab-Perno, DAADOM has spent the last three decades helping her husband Joe build his practice, Voorhees Family Dentistry.

Rosanne is a proud lifetime member of AADOM and earned her Fellowship (FAADOM) in 2019 and her Mastership, (MAADOM) in 2021. Most recently, at AADOM's 2022 conference, Rosanne received her Diplomate (DAADOM) designation. Rosanne also serves as Vice-President of the Southern NJ AADOM Chapter.

When she is not managing the practice, Rosanne enjoys spending time with her three daughters and their families, particularly her four grandchildren.

SET A TIMER

Don't lose track of time. Oftentimes I get lost in my work. So, I set a timer to remind me that is enough!

SET LIMITS

I limit things that get in my way and distract me. For example, I turn off my cell phone. I limit the time I watch the news. I limit my time on Facebook.

CLEAR THE CLUTTER

I have a serious struggle with "paper". Yes, those piles on my desk and under my desk! Once I clear my work space and make it pretty, I can focus.

BREATHE

I take time to sit in the sun to just breathe. I find a sunny spot in my yard or by a window with a coffee and feel the warmth on my body. Then I notice I am able to take a breath.

SIT DOWN TO EAT

Don't stand or eat at your desk! Take the time to set a pretty table; we don't need to have a special occasion. It feels good to enjoy nice things.

SUPPORT

I talk with people I trust. They remind me that I have what it takes to handle whatever comes my way and I'll be ok. With their support I can see if I need to re-evaluate.

TAKE A TIME-OUT

Go for a walk. It doesn't have to be a power walk or an hour walk, just go outside for 15 minutes and soak up nature.

EXERCISE

I try to take 20 minutes with weights or bands two times a week. Do

yoga. If you haven't tried it, take a class once a week. It can cover all the bases, I promise. Breathing, balance, strength, flexibility, focus, peace, clarity and a good night of sleep are all of the stress-reducing benefits of practicing yoga!

SPOIL YOURSELF

Get that massage. Treat yourself to a spa day! Hide out away from it all to be with just you! Read, paint, take a quiet bath...Calgon! You know you need some "me" time!

PLAY YOUR FAVORITE MUSIC.

Sing like no one is listening and dance in the kitchen like no one is watching! "Alexa, play..."

DO FOR SOMEONE ELSE

Find a way to make a difference in someone's life. This will fill you up with joy. You'll no longer feel helpless. It gives back the sense of control you may feel you have lost.

LAUGH, HAVE FUN. DON'T FORGET HOW TO DO THAT!!

Most importantly, take time with the people you love. Dentistry is a wonderful profession that has allowed us to build the balanced life we wanted. It allows us to help so many people. It's a profession that has provided a good life for our team and our family. We were able to have balance. I will not let the last two years take that away from us. This, for the most part, has been true for me, and I am sure so many of you feel the same way.

I hope these tips help you build that life you don't need a vacation from! ■