



The Wellness Program

Month 4

Utilizing Pieces of Time Confetti

Identify ways to celebrate and use unexpected moments of time confetti in a way that energizes you without being driven solely by productivity

Coach NB invites you to post a video of yourself sharing the ways in which you are using your moments of time confetti.

Send Coach NB a picture of your time confetti list (i.e., the list of activities that you may want to try when you have unexpected small pockets of time).

Sometimes, you are gifted morsels of “time confetti” – unexpected small pockets of extra time throughout the day (a meeting finishes a few minutes early, there is no traffic on the way to practice, a drill takes less time than anticipated, household chores are performed quickly, your partner completed a task from your to-do list, etc.). When you encounter those pieces of time confetti, do you celebrate it or jump right into “productive mode?”

These little pockets of time aren’t often substantial enough to begin a task – and starting something without being able to finish it might also be a source of stress, frustration, or negative emotion. So, instead of just checking the next box, why not reflect on ways you can use this time in a way that will energize you.

Because time confetti is generally quite short and unexpected, it can be a good idea to think about fun and meaningful ways to fill your time in advance (so that you don’t just end up scrolling through social media or reverting to your usual habits). To do this, consider coming up with 2-3 answers (activities) in response to the following questions:

- What are some mindful, intentional, and purposeful ways I like to use my time? If I had all the time in the world, what would I choose to do with it?
- What are some quick ways I can connect with myself, family, or friends? What activities do I enjoy doing “just for the fun of it?”
- What are some things I enjoy doing that I haven’t done in a long time?
- When I think about recharging my personal battery, what kinds of activities am I doing? What was I doing the last time I felt truly relaxed?
- When my mind drifts, what do I think about?
- What kinds of activities allow me to pause, slow down, and feel centered? How would I describe my ideal “me time?”

After you are finished brainstorming, keep your list somewhere that is easily accessible to you, so that you can look at it when pieces of time confetti present themselves.

Also, remember that you can use imagery, meditation, and other mental skills to “escape to your happy place” if going there for real isn’t an option!