



November 2020

## **It's Not That You Don't Care. It's That You're Mentally Exhausted**

*By Lindsay Tigar*

Comparing your pre-pandemic self to your current self is a slippery slope. While you might have once been a creative, enthusiastic professional who eagerly took on new projects and opportunities for growth, these days, putting on pants can feel like a feat. Especially for those who traditionally classify themselves as type-A overachievers, going through a low-energy period may be frustrating and, at times, scary since it's so out of character.

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### Here's How I Finally Got Myself to Start Exercising

When the pandemic began, I optimistically embraced the idea that I could get back into running outside. I picked a half marathon to train for and spent a week or so meticulously devising a detailed daily training plan. However, I stuck to that plan for only a few weeks — all that planning and preparation led only to a spectacular failure to exercise.

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### 3 Ways to Stop Stressing Out About things You Can't Control at Work

Whether we're still ruminating over a less-than-stellar presentation we gave yesterday, or spending all our mental energy conjuring up — and worrying about — future difficulties, we're focusing on things we have no power to influence. Worrying is a natural human response, Kate Sweeny, Ph.D., professor of psychology at U.C. Riverside, tells Thrive. But if what's vexing us is beyond our control, we're setting ourselves up for unnecessary stress

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## Maximize Your Joy Per Dollar Spent

Regardless of how much or how little money we have, we only get to use each dollar once. I know... bummer.

Once we realize that, it becomes easier to navigate our spending. We understand that every time we use a dollar, we miss out on the opportunity to use it somewhere else. That's called opportunity cost.

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