

e-tips

The Journey to Well Being



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Leave Your Burdens at the Door

Apache burden baskets were used for collecting, gathering and storing foods. They were also hung outside a home and either the homeowner or the visitor could place his “burdens” inside the basket before entering. This was just one of the ideas shared with me as employees described their rituals of leaving work stresses and worries from interfering with their life away from work. Another favorite story is about a man who always touched a branch of the tree out in front of his house when he got home from work and before he entered the house. He would hang his work worries there and not take them into the house to affect his family. I love these metaphors that help us be in the present and not be distracted with worries that can wait for a new day.

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