

# LIFESTYLE

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## Counter technology's demands – simplify!

**W**HEN EVERYTHING in society is moving faster, when technology makes instant communication a requirement rather than a luxury, we seem to be losing time rather than gaining it.

Instead of finding more time to do things they enjoy, people increasingly are overwhelmed, deluged and exhausted, author Jeff Davidson says.

The problem is that as output and efficiency rise, expectations increase and people become less satisfied with themselves for not doing more, Davidson writes in his new book, "Breathing Space: Living and Working at a Comfortable Pace in a Sped-Up Society" (\$10.95).

"The feeling of no breathing space can quickly pervade all aspects of your life, diminish your happiness and eliminate any *joie de vivre*," Davidson says. "The cycle can get exceedingly vicious."

The solution, according to Davidson, is not to buy into any more technology but to simplify your life.



Expectations increase as efficiency rises. Find what's essential.

"Lacking a balance between work and play, responsibility and respite, 'getting things done' becomes the end-all," Davidson says. "You function like a human doing instead of a human being."

Instead of trying to do it all, use the last few weeks of this year to develop a plan for making 1992 the start of a new way of life. Decide what activities are really important and concentrate your energies in these areas while weeding out activities that are less important, he suggests.

“Once you develop the habit of clearing space, and I mean in all the compartments of your life: your car, your closets, medicine cabinets, etc., you accomplish many things,” Davidson says. “You demonstrate that you do indeed have enough space to manage your affairs and conduct your life; and you keep in a ready state to handle what is next rather than trying to get by.”

— Kara Kunkel

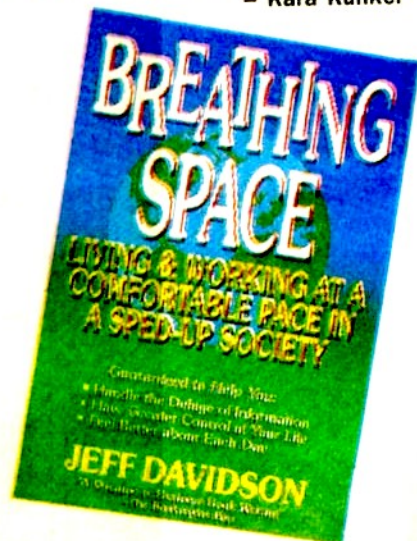
## TAKING A BREAK

To discover more time, here are some ideas from Jeff Davidson's book, "Breathing Space":

- Give yourself a Saturday or Sunday when you go a whole day without reading anything, or without watching television.
- Instead of trying to tackle all the many social, political, economic or environmental issues you are interested in, pick one cause and take some kind of action outside your home.
- Do shopping on weeknights to avoid crowds and leave weekends for play or other activities.
- If you like to try new things but are overwhelmed by all the choices in the supermarket, make a goal of exploring only one new area on each trip, such as meat, fruit, cheese, frozen food, etc.
- Examine routine activities and habits. Are you doing these things because

you really want to or need to, or simply because you've always done them?

- Handle errands in units. Take all repairs to the tailor or shoe shop at once; all soiled clothes to the dry cleaners. Pay all bills at same time.
- At home, avoid leaving things at inappropriate outposts. If an item belongs in the den, take it to the den. If it belongs in the closet, go to the closet.
- When you receive calls at home from telephone marketers, try saying this as soon as you recognize the caller is not a friend or relative: "I don't want to buy, contribute to, invest in or receive anything, thank you." Then hang up immediately.
- To make mornings less of a mad rush, lighten your load by putting things in the car the night before. This includes office folders, books, gym clothes, lunch bags — anything that won't spoil.



- If you keep a small cabinet or table by the door, use it only for what is leaving your home, never for what is entering. What enters should go directly to its final resting place.