

How's Your Bandwidth Today?

By Terri Norvell

Have you had a day lately when everything seemed to irritate or frustrate you? While you normally handle issues coolly and calmly on some days even the smallest 'things' can ignite a short fuse. You recognize the signals - driving faster than normal, finishing others' sentences because they are going too slow or snapping at a simple comment when the answer is so apparent to you. It might start when walking into your office and before you are even at your desk it feels like a coworker is attacking you with a 'situation'. Or, maybe it was that fifth call from the same client with another inconsequential question. There's not enough time and you quite frankly might not really care about anything at this moment!

If and when you can relate to these feelings you are simply having a **thin bandwidth** day. What's bandwidth? *It's the volume of information that you can manage or process at any given time.* It's common to have varying levels of bandwidth from day to day. On wide bandwidth days anything and everything seems manageable and easily handled. Thin bandwidth days are quite the opposite. It's good to recognize them and take steps in making whatever attitude adjustment is possible. When it's just not appropriate to pull the covers over your head these tips might assist you in having a better day:

1. Letting others know in advance that you are feeling short fused today (precautionary!)
2. Taking a break and a quick walk outside, even if it's just around your building
3. If possible, taking an hour for some rigorous exercise to shift your attitude
4. Talking to someone supportive who might let you vent or help you to widen your perspective
5. Thinking thoughts that make you feel better (really, try this)
6. Playing feel good music. Ever notice how music can quickly change your disposition?
7. And finally, apologizing for any comments or actions that you wish you would have handled differently

I recently moved my home and office and was quite overwhelmed with all the upheavals. My children were often the observers of my thin bandwidth frustrations. When they saw me at my wits end they would ask, 'Mom, should we get you your happy music now?' They would run off and bring back my 'After the Sunset' Bahamian music CD and send me off to a spinning workout class! It's the perfect prescription for my thin bandwidth.

Thin bandwidth days are never easy. What's important is that we recognize them and learn how to best survive and thrive. *May your bandwidth be wide today!*