

# perspective

***a particular attitude toward or way of regarding something; a point of view***



**CareGivers  
of America**  
*Home Healthcare Services*

The ability to focus closely on a pressing issue is an invaluable skill, especially at work. But what happens when everything seems urgent? If you find yourself barely able to come up for air during a busy week, some perspective can help you get a better handle on your to-do list.

**Take time to reconnect with your mission** Sometimes all you can do to get through the day is keep your head down and push through your to-do list. And with emails and calls creeping out of the confines of your office and into your evenings, your waking hours can feel cluttered and frenetic. If you've noticed that your decision-making tends to be on autopilot, take a few minutes to reconnect with the broader context of your work before jumping into the stream of your routine.

**Follow your awe** What do you find awe-inspiring? Research from the Association of Psychological Science shows that the experience of awe—defined as “the emotion that arises when one encounters something so strikingly vast that it provokes a need to update one’s mental schemas”—can change your perception of time so that you feel like you have more of it during the day, which has an impact on decision making. Whether it’s the beauty of a natural wonder like the Grand Canyon or a contemplation of the age of the universe, these experiences also place your daily life in a stunningly vast context, which can help clarify things.

**Notice “all or nothing” thinking** Even if you don’t think of yourself as a perfectionist, you might still fall prey to the tendency to split your perspective into extremes. Maybe this manifests when you procrastinate on an important task because you haven’t quite found the most original approach. Or maybe you tend to view your performance at job interviews as either totally amazing or utterly horrible with absolutely no gray area in between. If you catch yourself using red-flag words like “always” or “never” it’s time to expand your focus.

**Put yourself in someone else’s shoes** Empathy is a great tool for approaching situations from a new angle. We can forget that our own frame of reference is only one among many. By putting yourself in someone else’s shoes, be it someone else on your team, or a potential client, you’re not only broadening your perspective but also increasing your ability to connect with others in an authentic way.

**Zoom out, but don’t zone out** As we’ve discussed, looking at the big picture has benefits, but thinking about long-term possibilities and looking at a decision from all possible angles can create its own type of overwhelm. Once you’ve gained perspective by zooming out, pay attention to which details are important to achieving your goals, and take time to make sure you have sufficient information to make a decision. The point of gaining perspective isn’t to avoid decision making, but to put your specific idea, problem, or situation in a larger context which could contribute to new approaches and solutions you haven’t considered. Some things are worth your undivided attention, so be careful not to zone out—instead, zoom out with intention.