TIMECAKE

Psychology for Burnout Prevention



individual

indoors

30 min

drawing

PURPOSE

SELF KNOWLEDGE

- quality time management

MATERIALS

- A3 White paper
- colorful pens, pencils, crayons or paints

PREPARATION

- quiet room
- background music

INTRO

This is a cognitive drawing tool developing self-knowledge, as well as a time-scheduling and time-thinking exercise.

TIMECAKE

STEPS

1. Draw a circle on a paper that will be your timecake. Think how you schedule the 24 hours of a typical workday (you can also do it within a week, a month or a year), what kind of "cake"parts do you have? Divide the cake in slices according to the different parts you have, write their name on the slices around the cake. Finish your draw adding colors and what you feel it's needed.

2. Look at the drawing and compare the slices:

- What does your final cake look like?
- Do you have quality time? Time for yourself alone? Time for your body? Time for mind? Time in nature?Time for playing or just being together?
- What does it reveal about your time management?
- What would you need to change on your cake for it to fulfill your daily needs and to be more healthy and well being orientated?

3. Draw a new timecake with the changes you have chosen that are possible

4. "Taste" your new cake, by trying out the new schedule during a week



REFLECTION

- How was for you the experience of doing this exercise?
- How does your new cake "taste"?
- How do you think your time cake supports your resilience building?

COMMENTS

Giving yourself the right to have quality time on any workday will give you the resilience to cope with the demands