

Productivity = Happiness?

Most of us tend to think that work and happiness belong at the other ends of some imaginary spectrum. Few of us love our jobs enough to be truly happy while working and so it's fair to assume that being more productive is only going to mean doing more of what you *don't* love.

In reality though, being more productive can actually make us happier in a number of ways – as long as you go about it in the right way. Read on to find out how and why.

The Modern Ache

These days many of us are not as happy as we could be because we're overworked, tired and stressed – and a lot of that comes from work. Spending long hours at work and then commuting slowly home means we get home late and then crash out on the sofa to eat comfort food. This only makes us less healthy and less productive and that means we finish less work and become more stressed. This is a vicious cycle that many of us are familiar with and often it can result in us feeling like we're treading water and just barely scraping by.

If you could become more productive though, then in theory you could change all that and start being healthier, happier and even richer.

How a Few Small Changes Can Fix Everything

If you get to work and you are procrastinating for the first hour of your day, then this means you'll be 'behind' before you even start work. It means you'll be more likely to stay an hour late and it means you'll be more likely to go home having not finished everything you need to do. This means lost sleep and a slow start tomorrow.

If on the other hand though, you use a few productivity techniques – like ignoring your e-mail for the first hour of the day and starting with the task you enjoy most – you might find you're able to actually get a fair bit done right at the start of the day. This can then put you in a much better frame of mind resulting in your getting *everything* finished by 5pm. You can then go home on time but what's more, you can go home happy and less stressed.

This then means you'll have more energy when you get home to cook and exercise and do fun things, which means you can attack your next day with more vigor. Instead of taking two steps back for every one forward, you can start to aggressively progress at work and see your salary and your confidence improve as a result.

Productivity tips then might just be the trick you need to end the vicious cycle and get back on top!