

# THE SUITCASE:

## FRIEND OR FOE or HOW TO UNPACK FROM A TRIP WITHOUT REALLY TRYING or HOW TO UNPACK FROM A TRIP WITHOUT PROLONGED SIGHING

By Judi Jerome, LICSW, LADC



It's Monday night at 11:00 pm and you just got home from 7 hours of airports, airplanes, and a cavernous parking garage that swallowed up your car (*unless you jotted down the location on your PDA*). You walk in the door exhausted, and stare at the pile of mail, Sunday paper, suitcase, and bed. You have to open the suitcase because the power cords for you PDA, laptop, digital camera, and cell phone are in there and they all need to be recharged tonight. Ok, that's done. The thing is, you don't really need anything else in there tonight because you have a separate set of bathroom necessities that you keep in the suitcase. There won't be time before work tomorrow to unpack, but there are plenty of clean clothes to wear, so why bother.

That's it. With those three little words you dug your organizational grave for the week! Until Saturday, or even beyond, you will be stepping or tripping over the suitcase and riffling through it for forgotten items. The plain and simple truth is that it's 'now or never' for many people with AD/HD, unless time management planning is a polished skill. If, however, this skill eludes you, 'putting off until tomorrow what you don't want to do today' can start or add to the huge snowball that is thundering downhill. It becomes an emotional energy drainer.

### TIP #1:

*Before leaving on your trip, take out your calendar and designate a realistic time to unpack. Take into consideration how tired you are when you get home, and the first morning back. A few more minutes of being tired, or waiting to eat, beats a week of being frustrated with yourself every time you see the suitcase.*

### TIP #2:

*The front pockets of the suitcases make a great place to stash the dirty laundry while you're away. Re-pack the clean clothes according to where they will be put away. Use this system for everything that is put back into the suitcase. Pack the power cords neatly by wrapping them around your hand and clasping them with long twist ties. (You may want to label the square end because they all look alike!)*

It's great to have a day, or even a half of day, off after a trip to rest and unpack. If this is not possible, due to work or family obligations, get it over with and enjoy the freedom. You will be recharging your emotional battery and you will thank yourself in the morning.



*Judi has been in private practice since 1990 working with a variety of issues, and specializing in teens and adults with AD/HD and co-morbid disorders, life cycle transitions, and substance abuse. Judi enjoys coaching teens and adults with AD/HD in all genres of life. She believes that each individual has potential within to achieve success beyond the current limits that problems such as time management, disorganization, morning madness and late night hyper-focusing may be imposing on their lives. Judi coaches people toward accomplishing their dreams as well as their goals. Her motto - Empowerment, growth and maintenance for positive life changes*

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