

Happy Spring! And now, a word about work, health, and that elusive balance we're all chasing.

Some days, I find myself rushing through my workday to wrap it up and get out the door. The gazillion emails, deadlines, and tasks that seem to multiply every time I check one off can all get pretty overwhelming. So quitting time can't come soon enough. Sound familiar?

It's easy to get caught up in this circling hustle, pero here's the thing: stress doesn't just affect our work, it takes a toll on our health, physically and mentally. If we're not careful, that constant pressure can lead to burnout. And our health must be a priority. No job is worth that.

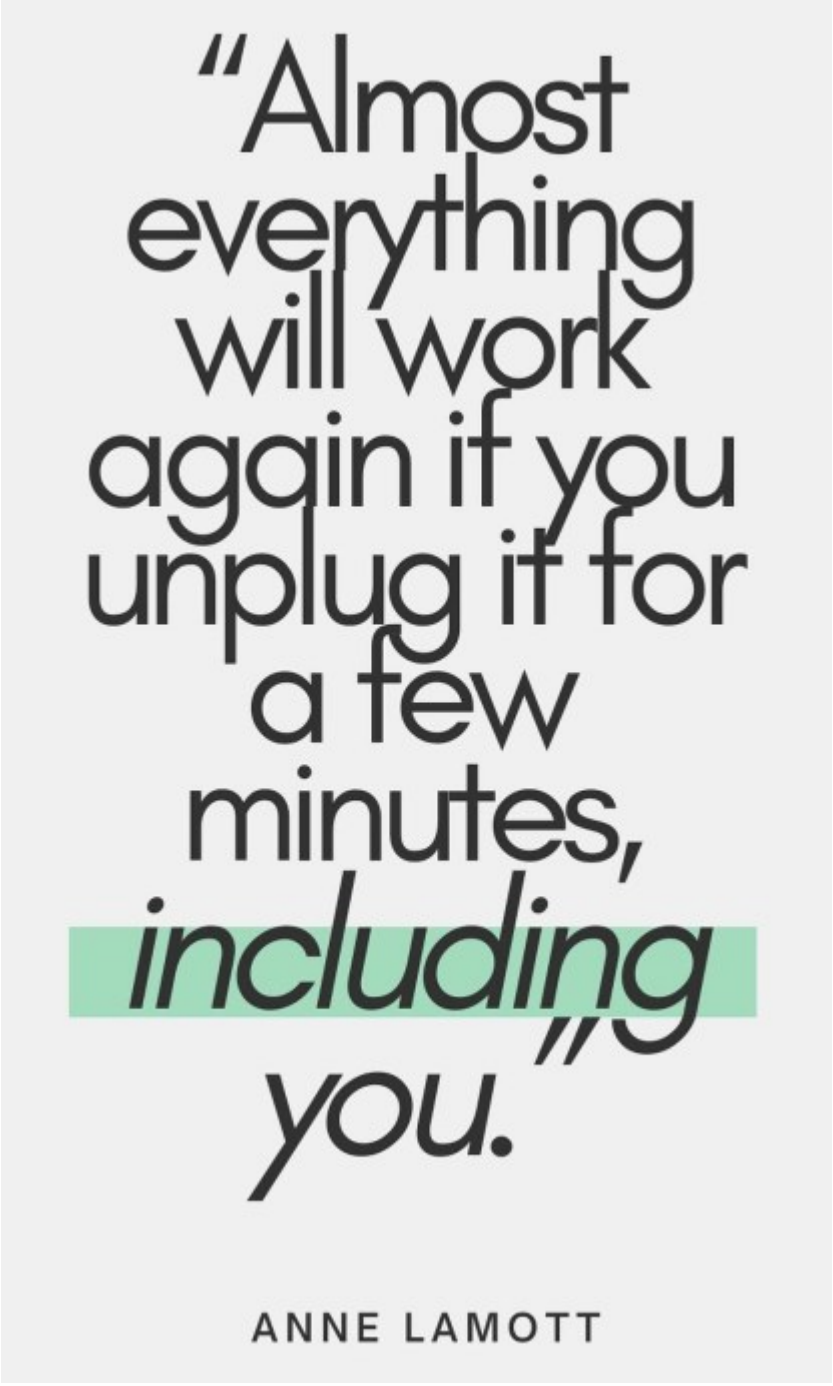
Over time, I learned that adding a bit of mindfulness to my day, especially during those stressful moments, really makes a difference. When I start to feel the pressure creeping in, I remind myself to pause and reset. For me, taking a breather or a quick *cafecito* break with coworkers helps me recenter and keep my stress in check. It doesn't magically make the stress disappear (sadly, I haven't found that button on Amazon), but it helps me stay grounded and focused on what's in front of me. Plus, who doesn't like a Colada Joe coffee break? I've also discovered that there are moments of peace in the small things—like when my stapler siempre tiene staples. Oddly satisfying, I know, pero still.

Seriously though, it's all about managing the work with intention and purpose. And that, for me, has made a huge difference… except on Mondays. I'm still working on that one. I am grateful, however, that I can share my work stress with a great bunch of people. Now, go take that *cafecito* break!

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

“You will never feel truly satisfied by work until you are satisfied by life.”
-H. Schuck



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