

# Discombobulated

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One day when I was a deputy principal, the other deputy came in to my office with equal surprise and amusement – one of her ‘regulars’ had come for a visit and he was 9 years old. They were unpacking the reasons for his ‘non voluntary’ visit to the office. When trying to get to the source of the issue, she was asking him what was going on for him. He said he felt **DISCOMBOBULATED!** To save you the trouble of looking it up 🤔, it essentially means ‘All over the place’.

This 9 year old diverse learner had articulated so succinctly what us adults felt regularly but struggles to find the words. Discombobulated! And this was in a pre-Covid world!

With all the uncertainty, with the constant change as individuals, communities and businesses evolve and shape this ‘new normal’, I believe that it is exceptionally easy to fall into the trap of feeling ‘discombobulated’.

The ‘challenge’ or ‘opportunity’ is to put good strategies in place to guide you through the discombobulation and out the

other side. To recognise when the ‘Big D’ is approaching and having more effective tools to navigate around it.

## Remember these to avoid the ‘Big D’

- Sometimes you need to slow down before you speed up
- Clarity – get clear on what your goals are for the remainder of the year
- You need to say NO to some things in order to stay focussed on your goals
- Ordinary things done consistently create extraordinary – what are the small things that give you the greatest ROI in your day
- Prioritise your physical, mental and emotional wellbeing – it is much easier to achieve your goals when you are alive!

Don’t be like our friend in the Deputy Principal’s offices (although it is such an easy trap to fall into).



## Reflect

What conscious choices are you going to make to avoid the traps of becoming discombobulated?

How do you regulate yourself when feeling discombobulated?

