

DON'T BE SCARED OF HEIGHTS

In many occasions we found ourselves in stressful situations because of the physical movement in our surroundings. This makes it hard for us to maintain focus when we are working in different public spaces. It feels overwhelming and we experience a need to escape from it.

We shouldn't

We should embrace it and use it as a tool to find inspiration while we are working.

How?

We should work in the heights.

Why?

Working in heights provides a distance from the movement and busyness that happens on the ground. It provides new perspectives and a feeling of being able to disappear from the overwhelming, stressful situations we experience in public spaces.

How can we do this?

THE 4 PRINCIPLES FOR HOW TO WORK IN HEIGHTS

1

USE YOUR BODY FOR GETTING UP IN THE HEIGHTS, BE LIKE SPIDER-MAN

Never take the elevator. Finding another way to access a higher level is good for increasing focus. Being physical exhausted makes you feel more relaxed and more focussed on your work. As a side effect it will also improve your health. But make sure the path you choose is fun.

2

TAKE YOUR TIME TO ENJOY THE VIEW.

The view from a higher level should be used as a meditative tool. Accept the fact that you are not a part of the busyness the ground provides. People running, cars speeding, conversations and noise are all factors that can create stress. Working in heights puts you in a distance from these factors. It provides headspace by giving you a comfortable control over your surroundings.

3

ACT LIKE A SURVEILLANCE CAMERA.

A surveillance camera observes everything that happens in the location it is placed. Always take your time to observe your surroundings while working. It is a great tool for getting ideas and new perspectives on various topics. Listening to conversations and seeing how people interact with a space can surprise you.

4

CHANGE YOUR SURROUNDINGS. BE ON THE MOVE. FLY LIKE A BIRD

A bird can observe many locations in a short period of time. We can't go as fast as a bird but we can manage to observe many locations over a day. As you are exploring and observing different public spaces in the height, ideas will come and go because people interact differently depending on the public space. Allow yourself to always take your time to write or draw ideas you are inspired by from the different surroundings you have worked in.