

# Downshifting is not for all

## Essay Writers

Downshifting is a reflection of the modern philosophy of "life for itself." People supporting this philosophy are often called infantile. However, this is not the case. In this article you will learn whether it is worth becoming a downshifter, and get acquainted with the opinion of psychologists about this.

Escape from reality or conscious choice?

According to psychologists, Downshifting can not be called a deviation from the norm, since one person tries to escape from reality, taking his problems with him, and the other, on the contrary, consciously decides to change his life. In the second case, a person is much easier to make new relationships and build a career. The main components of downshifting are: self-development; the desire to enjoy life; The desire to be able to engage in loved things and receive money for it.

Such a lifestyle requires a person to be mentally stable. What is downshifting, and why don't you need him?

Translated from English "downshifting" means "offset down". This approach is aimed at a voluntary refusal of a person from material values. Preaching a similar lifestyle, people rush to the pool with head, refusing work and good career. However, in this case, it should be remembered that downshifting is primarily aimed at obtaining pleasure from life, not life according to the standard scenario. How not to get lost under the palm trees?

Most downshifters voluntarily leave the noisy megalopolises, going out in a quiet corner and engaged in self-development. They are interested in living so much, and they enjoy. In this case, the human brain functions in this way, and the choice is conscious.

Such people most often include careerists who managed to achieve heights, or those who just "burned out" and need rest. But there are those who just want to laze, rolling all day in a hammock. They call themselves downshifters only because they are so comfortable. However, over time, it comes to awareness that such a life is an illusion for which it is necessary to have a good financial pillow. Why should not be a downshifter?

If you still think about becoming a downshifter, think well, whether you really need it. In this case, it is worth thoroughly think about the following points: if you refuse work, then your standard of living will decrease significantly. Refusing work and material benefits, you can live life full of fun. However, when will it end, what will you have? Remember that with the help of downshifting you will not be able to escape from yourself. If you call yourself a downshifter, it does not mean that you are so. Often people belong to them to lie on the bed and do nothing. The family may not be ready to divide

your views and reduce the level of usual life. If you are tired of your work, and you can no longer be in a stuffy and noisy office, you can always try yourself in freelancing, while your income level can become much higher. It is not necessary to abandon something radically and throw from extreme to extreme. You must learn how to use things rationally.

Before drastically change your life, think about whether you need it? Perhaps you are just tired, burned at work and need rest. To understand what really happens, you need to deal with your thoughts and emotions. And this can help, for example, the course of Vikimium "Detoxification of the Brain".