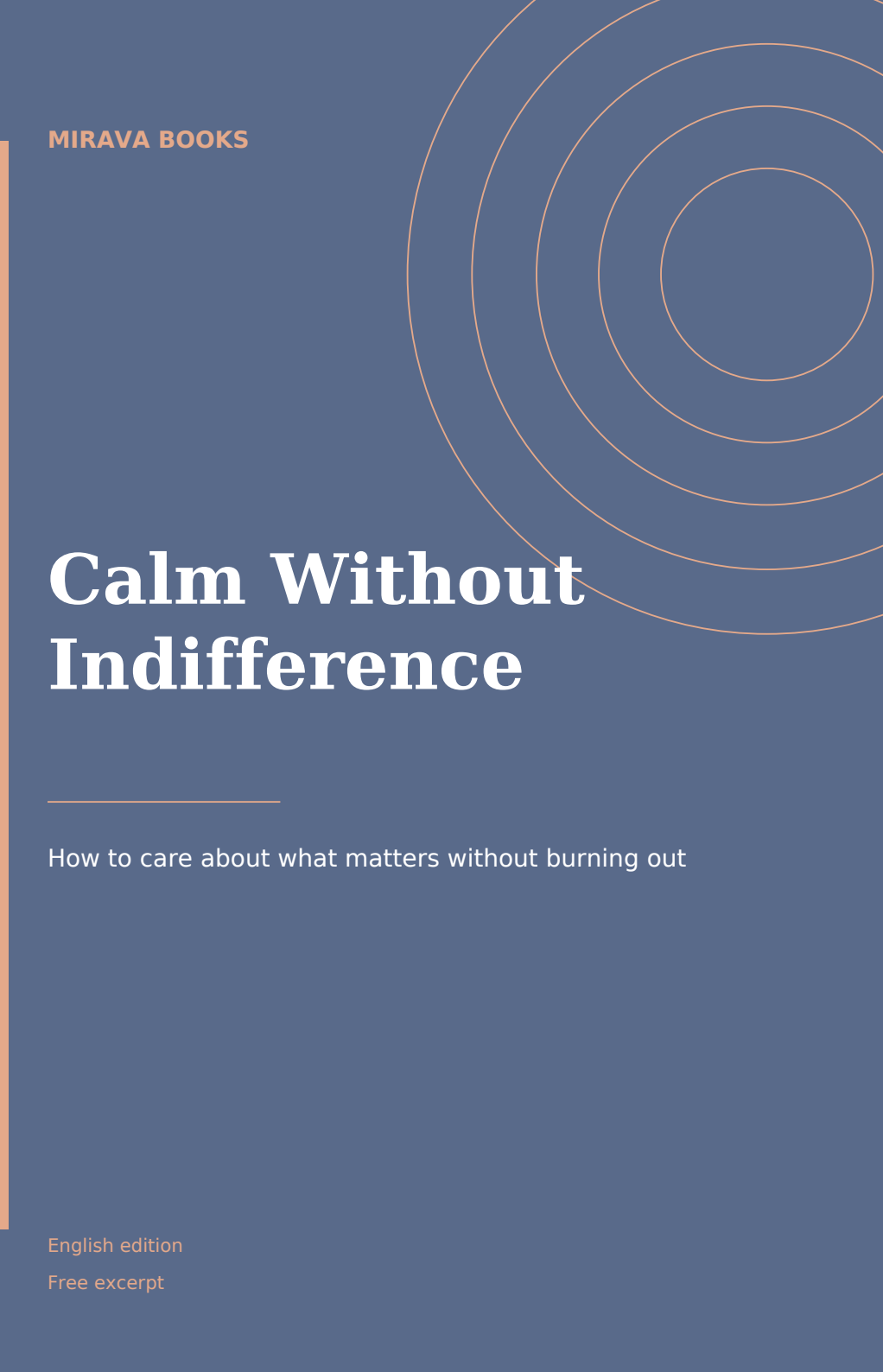




MIRAVA BOOKS

Calm Without Indifference

How to care about what matters without burning out

English edition

Free excerpt

Calm Without Indifference

How to care about what matters without burning out

English edition · Revised edition · October 2026

This guide is for people who help others, follow events, and feel obliged to be available all the time. Six chapters invite you to reconsider how much you take on while keeping your values. Concrete agreements matter here: when you are available, whom you hand a task to, and what you have capacity for. The examples are illustrative, not accounts of real clients. The text and full translations were prepared with AI assistance. Choose one practice and test it for a week. This is educational material rather than a treatment programme; adapt the exercises to your responsibilities and circumstances.

MIRAVA · Text and translation prepared with AI assistance.

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- 04 Kindness without destroying yourself
- 05 Permission for joy
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The cost of constant readiness

Reliability means making clear promises and keeping them. Constant availability does not guarantee it. When every message counts as urgent, duty and free time lose their distinction. Define which tasks genuinely need your response now and which can wait until your next working window.

A volunteer replies at night, afraid of letting people down. After a week, he notices mistakes in addresses. Instead of promising to “be more careful,” he discusses availability and handover of unfinished requests with the team. Rest becomes part of organising help, rather than a reward after every task that might ever arise.

Record when your shift starts and ends. Confirm who receives urgent requests afterwards and how to hand over information. You cannot appoint someone to duty without their agreement. If no replacement is available, communicate the limit beforehand and discuss what the team can realistically provide.

After handing over, switch off ordinary notifications while retaining necessary safety channels and agreed duties. Note missed details, repeated corrections, and work beyond your promised hours. These observations inform workload review; they are no reason to shame yourself or demand colleagues remain constantly ready.

Exercise: write a short availability message with response hours, a way to hand over urgent questions, and your next checking time. Agree it with the team. After a week, check whether expectations are clearer and which tasks still lack an owner.

This is a free excerpt. The complete PDF contains every chapter listed in the contents. Sales have not opened yet.

Further reading

[1] World Health Organization — Doing What Matters in Times of Stress: An Illustrated Guide · www.who.int