



G'Day Reader,

Are you tired of “circling back”
and “touching base”? So are we.

The worst offenders of corporate jargon—words we love to hate but sometimes can't help but use—can elicit a visceral feeling, but are actually coded substitutes for authenticity. They make teamwork feel more like, well, work.

So we're extending an invitation to “circle back”—not to a lost work conversation, but to the built-in abilities that help us navigate the world and understand each other: our five senses.

Let's reconnect with ourselves and reimagine how our sensory experiences can unleash the potential of what collaboration can be.



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Perpetual stews

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This article is about the food phenomenon. For NBA player nicknamed Beef Stew, see [Isaiah Stewart](#). For other uses, see [Stew \(disambiguation\)](#).

Like any effective [team](#), a good stew takes time to build—their complex layers are what elevate them to something more than the sum of their parts.



Perpetual stews—also known as “forever soups”—are cooked continuously, over years or even decades, their ingredients replenished as needed and the flavor building over time. By design, then, perpetual stews are the product of contributions made by many individuals—it truly takes a team.

60-day stew - Bushwick, Brooklyn, NY [\[edit\]](#)

Concocted in the summer of 2023, this cozy, community stew began in Annie Rauwerda’s kitchen, in a slow cooker. She decided to hunker down in a nearby park and invite her neighbors to grab a bowl and add an ingredient. With every ladle dished out, one vegetarian ingredient was added by the [community](#): garlic salt, canned beans, chili peppers, bay leaves, the list goes on. A crowd-sourced stew that simmered for two months and tasted different moment to moment—kept at a boiling temperature during its entire lifespan ensured safety and above all else, a cozy pot of stew.

49-year stew - Wattana Panich Restaurant, Bangkok, Thailand [\[edit\]](#)

This family restaurant’s perpetual stew has been brewing in a pot that is 5 feet in diameter and two and a half feet deep since 1975. This beef broth stew has been served to the community for three [generations](#). With no set recipe, the stew has been continuously altered by the same family, maintaining its quality and essence for nearly 50 years. The pot is cleaned every night, and then filled back up with the flavorful brew. Locals keep coming back to Wattana Panich for the quality and nostalgia of their stew, something that the family hopes to maintain throughout the next generation.

79-year stew - Otafuku Restaurant, Asakusa, Tokyo, Japan [\[edit\]](#)

Since the restaurant opened in 1916, the team at Otafuku has been serving the streets of Tokyo. They started boiling their now-famous oden broth in 1945 after the original restaurant was damaged in World War II—and it’s changed hands many times since. While broths that are nearly 10 years old aren’t unheard of in Japan, the cooks at Otafuku have been tending to their oden broth for over 70 years. Every bite is part of an epic love story that is still simmering to this day.

See also [\[edit\]](#)

- [Email inboxes](#)
- [Confluence page](#)
- [Your stomach](#)

Perpetual stew



Type	Stew
Alternative names	Hunter’s pot, Forever soup, the Punchbowl at the party, Hot tub, Bitbucket
Main ingredients	Vegetables (carrots , celery , parsnips , potatoes , onions , beans , mushrooms , etc.), meat , (such as collaboration) and a liquid such as water , wine , beer or stock



What's that smell?

Occasionally it's someone heating up fish in the lunchroom. But most of the time, it's the scent of making, helping, trying, and occasionally failing. That's collaboration—it isn't always easy. And sometimes, that can stink up your workday.

So, when the scope is creeping, or the build is breaking, or if it's more of a regression than a progression, reset the ambiance and clear the air: fill your workspace with a sense of calm and focus. (Or at the least, cover up that smell from lunch.)

Do you feel like you're constantly busy, but still find it hard to make progress on your to-do list?

Our calendars can spur those feelings of dread. But designing your workday around your priorities can help you get more done—and leave you feeling less exhausted.

Design your ideal workday to not only do your best, but feel your best.

At Atlassian, we have the Team Anywhere Lab, a group of behavioral scientists with PhDs in fields like industrial and organizational psychology and organizational behavior. Their mission is to design and validate new best practices for modern teams. Our scientists set out to answer the question, "How do we help Atlassians make faster progress and feel better at the end of each day?" One solution you can try today is to *redesign your calendar*.

Providing transparency into your personal commitments helps others respect your boundaries. Our research shows participants who redesigned their calendar *made more progress on top priorities* than they would have in a typical week. So go ahead, be a blocker. (And block out time for those priorities).

MORNING

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

AFTERNOON

1 PM

2 PM

3 PM

4 PM

5 PM

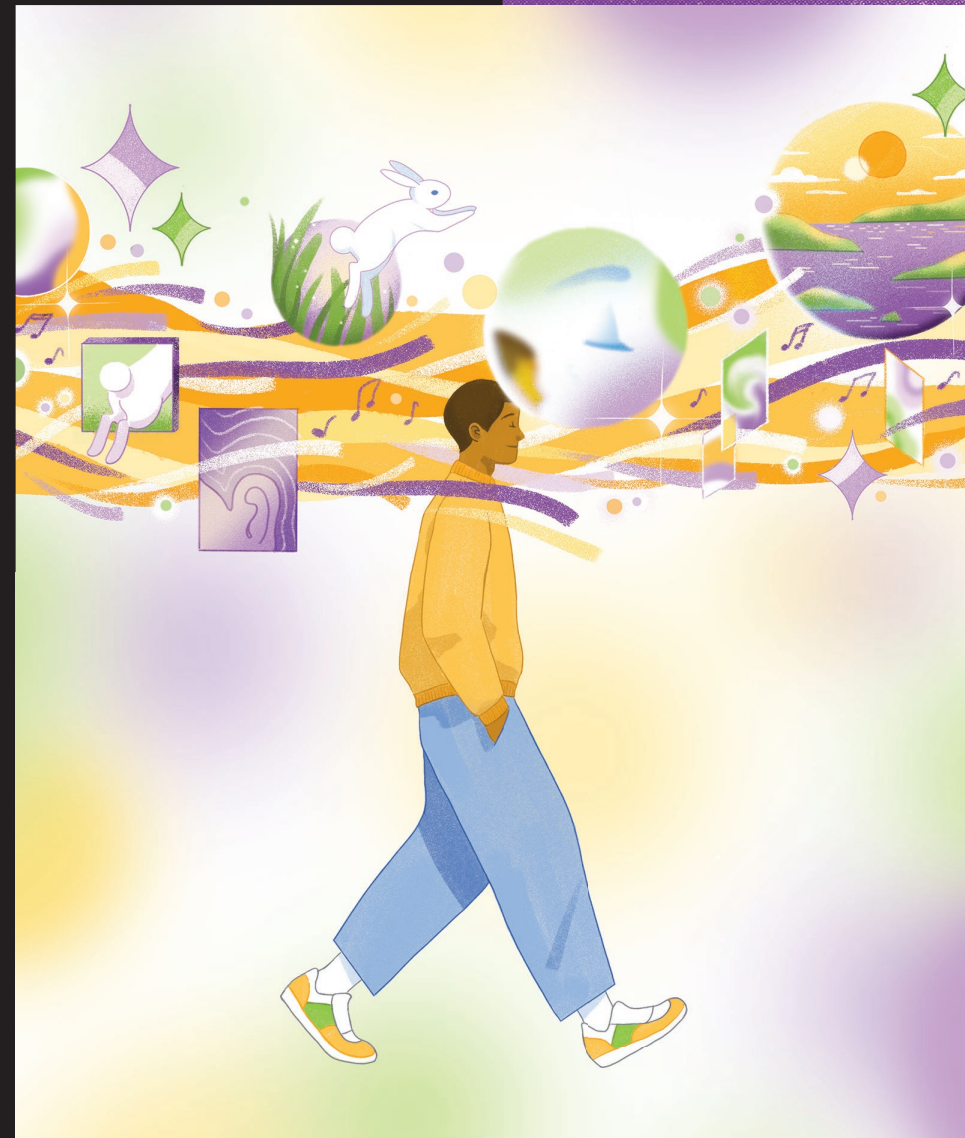
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According to research, only 30-50% of people have inner monologues, which means the majority of people actually don't have talkative brains.*

Yes, I have a busy inner monologue.

"My inner voice feels very scattered and in need of perpetual wrangling to stay on topic – like dropping pebbles in a lake the resulting concentric ripples on the surface all interfere with one another."

Marina Munn



No inner monologue for me, but it's far from calm.

"While I may not have an inner narrator, my mind is far from silent. Like many, I tend to overthink, although not always in words. It's more of a blend of images, sensations, and emotions – a personal kaleidoscope where thought and expression blur."

Sophie Escavy Lim

Two artists illustrate the inside of their minds and reflect on how they make sense of what they hear and how they communicate to themselves.

Well, we've reached the end of our time together but we can circle back with you at a later date.

We hope we've inspired you to get in touch with your senses and consider possibilities outside of traditional ways of thinking.

Together, we can turn impossibility into a reality.

And yes.

We probably could have sent you a Loom instead. We know.

Warmly,
The Atlassian team



Making this zine would have been impossible alone. Thank you to all our contributors:

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Tired of “circling back” and “touching base”? Come back to your senses with Atlassian’s all-new zine.