

*Balancing Life,*

*Balancing Work*

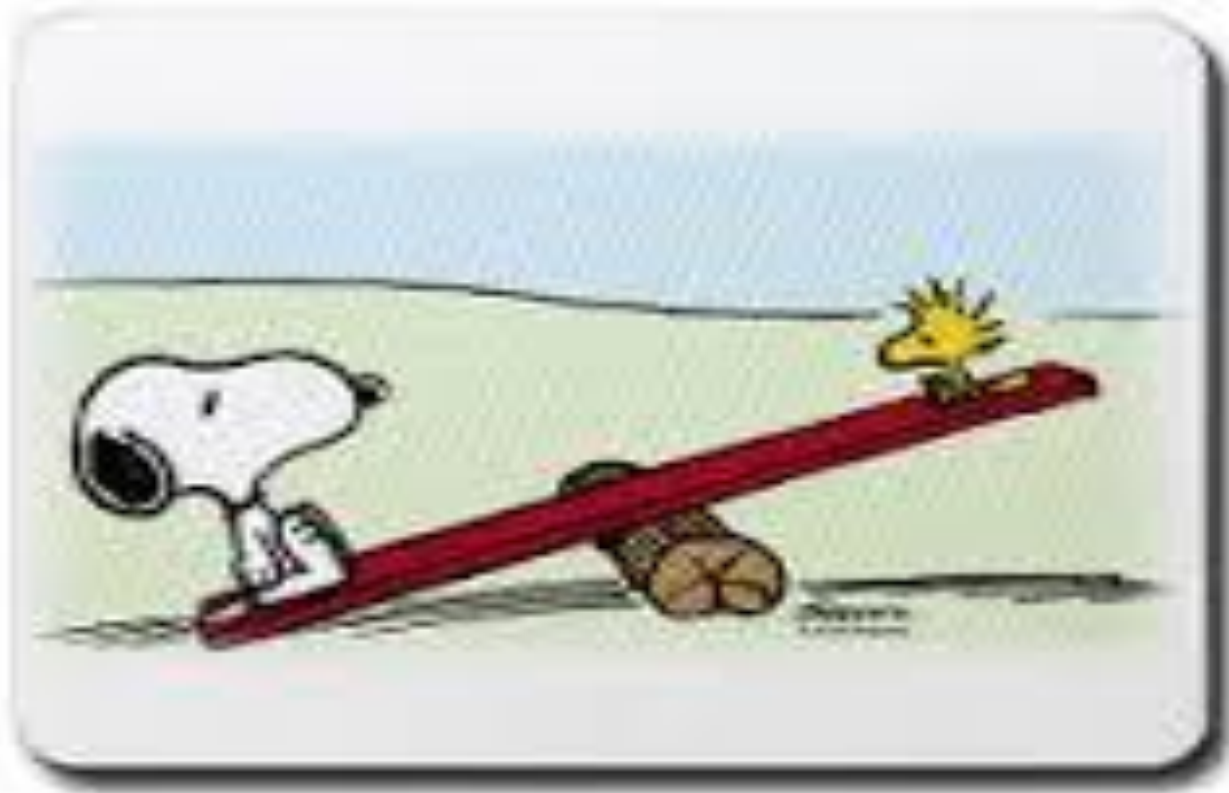
A Wellness Journey

Work



Life







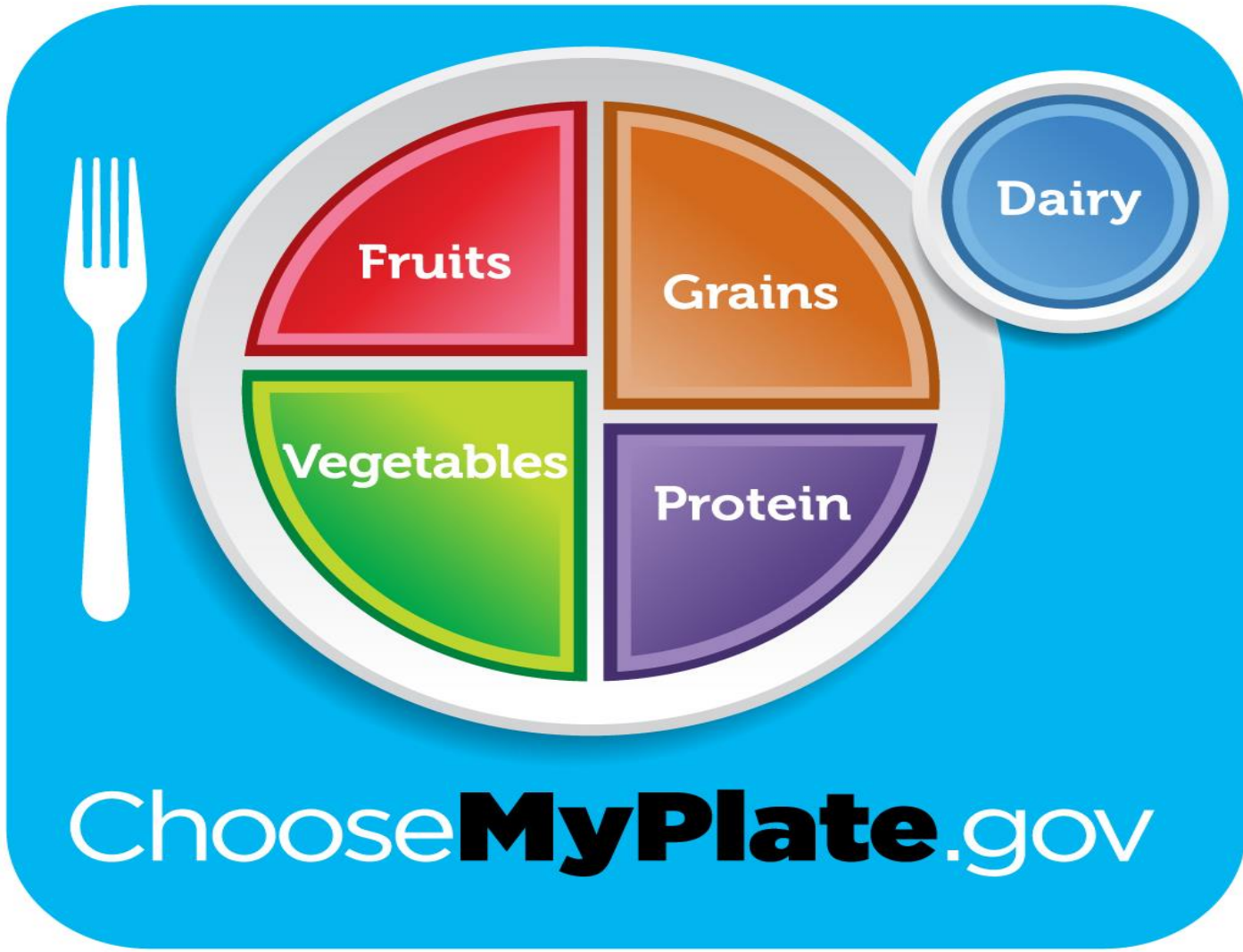


# Balance & Imbalance

- My Story
- What does balance look like?







Choose **MyPlate**.gov



# What are you juggling?



# What are you juggling?



*What does*

*Balance*

*look like?*



# The Wheel of Wellness

## Life Tasks:

Spirituality

connection, meaning, value

Self

Physical

Identity

Mental

Emotional

Relationships

Work & Leisure

Friendship

Love

--Myers, Witmer, & Sweeney, 2000

# 12 Tasks of Self-Determination

- Exercise
- Nutrition
- Self-care/Safety
- Sense of Humor
- Emotional Awareness/Coping
- Stress Management
- Sense of Worth
- Cultural Identity
- Gender Identity
- Realistic Beliefs
- Sense of Control
- Problem-Solving & Creativity

# A Well-Balanced Self



things had become  
a bit  
unbalanced



# Reflect

- When do you feel balanced?
- When do you feel unbalanced?

❖ Wellness Self-Assessment



# Stress & Stress Response



# Stress Defined

*The demand  
placed upon our resources  
by external factors*

# Stress Response

- In response to threat or a perceived threat, the body will automatically perform the following:
  - ✓ Increase in heart rate
  - ✓ Increase in blood pressure
  - ✓ Increase of blood sugar, decrease in digestion
  - ✓ Preservation of fluids
  - ✓ Release adrenaline, other hormones/neuropeptides for muscular readiness, heightened alertness

# Stress Levels

- Too Much Stress

Burn Out

- Eustress

Creativity  
Wellness  
Balance

- Too Little

Rust Out

# Is it a Match?

Resources > Demand = Wellness + Creativity

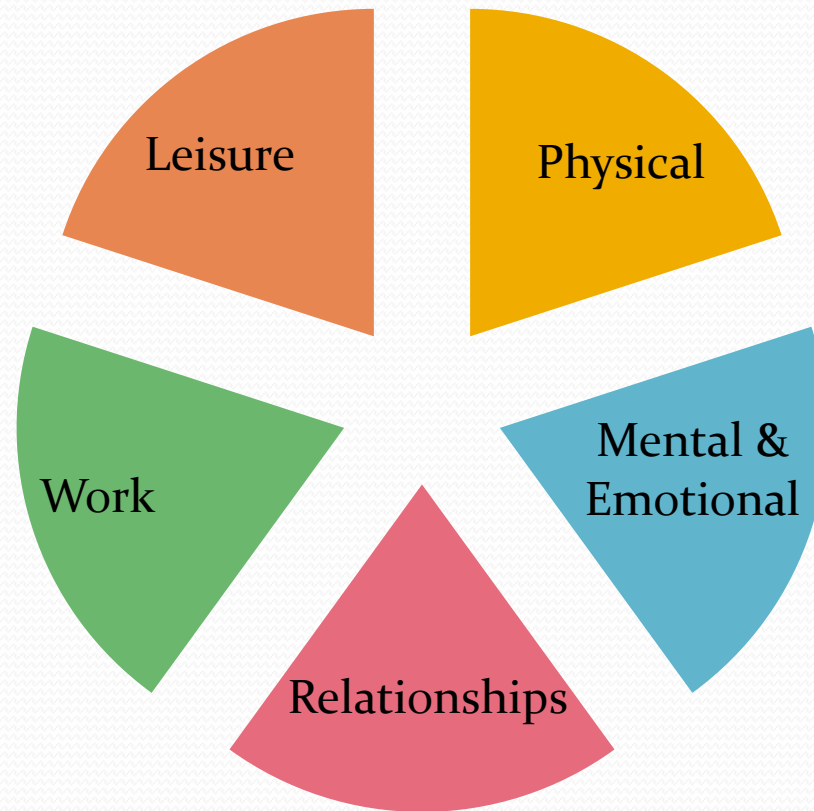
Resources = Demand = Resilience

Resources < Demand = Chronic Stress,  
Burnout, Compassion Fatigue

things had become  
a bit  
unbalanced



# A Well-Balanced Life



# Chronic Stress

- Increase in blood pressure, heart rate, liver stress
- Fatigue
- Decrease in creativity
- Humor becomes cynical or self-deprecating
- Relationship stagnation
- Changes in routines that maintain health



# Burning Out

- Depleted energy
- Anxiety
- Depression
- Irritability
- Relationship problems
- Disruption in sleep
- Medical diagnoses
- Cynicism replaces faith and hope
- Decrease in self – esteem



*Finding Balance  
while working*

# Exercise

- Walk,
- Jog, Run
- Cycle
- Yoga
- Tennis, Racquetball
- Gym/Fitness Club
- Pilates
- Zumba
- Dance
- Massage
- Row/Canoe
- Soccer

# Nutrition

Eat all you want:

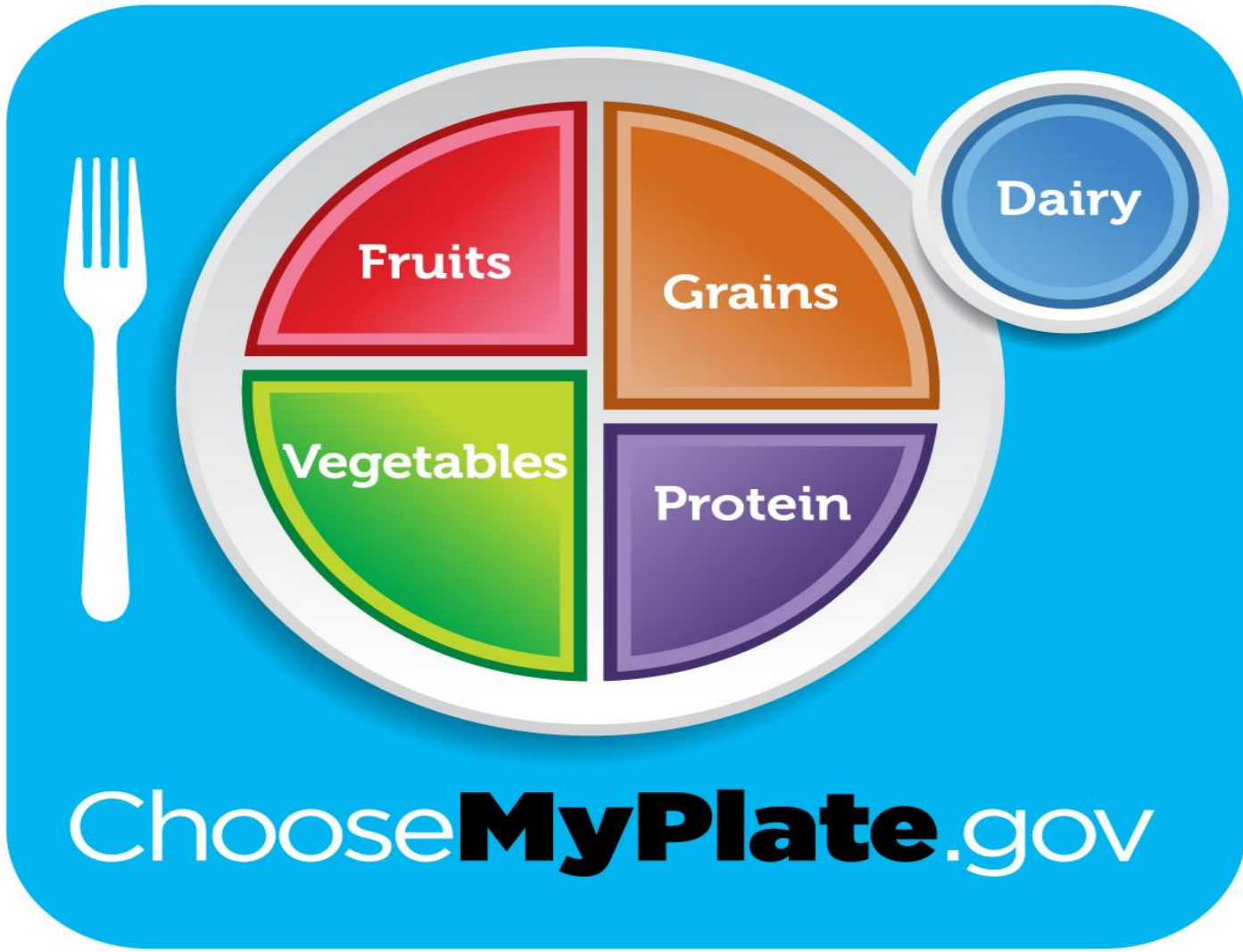
- Vegetables
- Fiber
- Whole grains & Fruits
- Green tea

Hydration!!!!

Sunshine & Vitamin D!!

Limit:

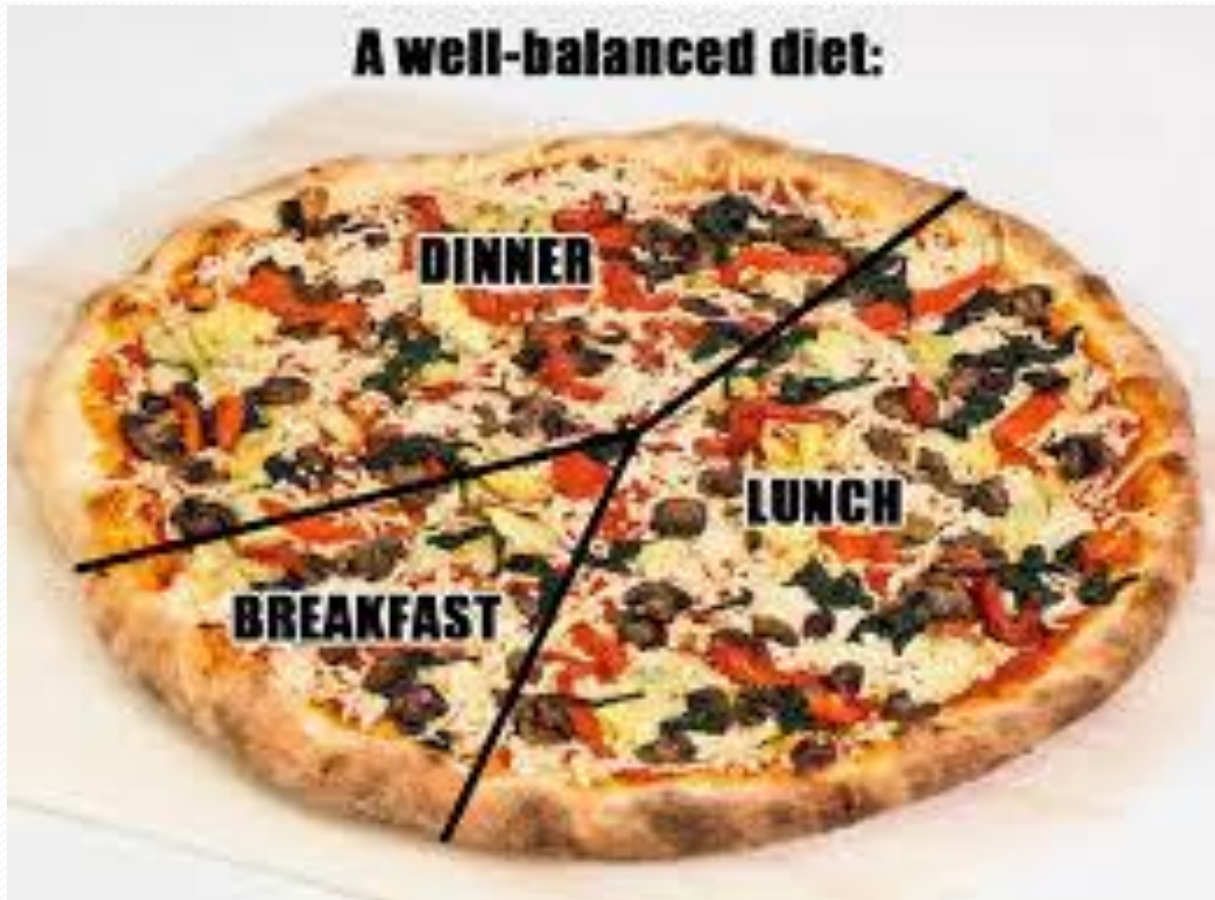
- Sugar & Sugary drinks
- Fat & LDL
- Salt & Proces'd food
- Caffeine
- Alcohol



Choose **MyPlate**.gov



**A well-balanced diet:**



# Spiritual Disciplines

- Meditation
- Prayer
- Music
- Journaling
- Walk a Labyrinth
- Find a Spiritual Director
- Twelve Step
- Study/Reading
- Retreat Days/Days of Silence



# Staying Balanced *while working*

- Exercise
  - Stretch breaks
  - Walk breaks
  - Isometric
- Nutrition
  - Hydration
  - Healthy snacks
- Breathing
  - Mindful breathing
  - 3 deep breaths

# Balancing Moment

- Guided breathing
- Tense & release