Balancing Life, Balancing Work

A Wellness Journey
Work ↔ Life
Balance & Imbalance

- My Story

- What does balance look like?
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

Breathing
Nutrition
Exercise
Identity
Emotions
Thoughts
Sleeping
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 $>\text{Demand} = \text{Wellness} + \text{Creativity}$

Resources $= \text{Demand} = \text{Resilience}$

Resources $<\text{Demand} = \text{Chronic Stress, Burnout, Compassion Fatigue}$
things had become a bit unbalanced
A Well-Balanced Life

- Physical
- Mental & Emotional
- Relationships
- Work
- Leisure
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

Limit:
- Sugar & Sugary drinks
- Fat & LDL
- Salt & Processed food
- Caffeine
- Alcohol

Hydration!!!!!!

Sunshine & Vitamin D!!
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