THE ULTIMATE BALANCING ACT
A HEALTHY WORK & LIFE BALANCE
What are your priorities?

How do you manage your time?

How do you manage your relationships to your priorities?
BURNOUTS & DOLDRUMS

- **Burnout** - the physical, emotional, and mental exhaustion caused by long-term exposure to demanding work situations and/or constant levels of high stress

- **Doldrums** - dull, listless, and depressed moods or low spirits
THE ULTIMATE BURNOUT CHECKLIST

Exercise
• When? Where? What? Plan Ahead

Nutrition
• Food Planning for Success

Self-Care
• Learning New Things – Educate yourself to better your health
• Keep your numbers on track – Know and utilize your sources

Stress Management
• Designating down time & relaxing – at home and work
Plan in advance!

- When - Before work? After work? Lunch? AM/PM?
- Where – Gym, Studio, Home
- What – Yoga, Cardio, Weights
- Planning in advance makes it easier to fit into your busy schedule.
Regular Physical Activity Improves Your Health in the Following Ways

- Reduces the risk of developing heart disease
- Reduces the risk of developing diabetes
- Helps reduce high blood pressure
- Reduces feelings of anxiety and depression
- Promotes psychological well-being
- Helps control weight
ACTIVITY SUGGESTIONS

- Wash Your Car
- Clean Your Yard
- Clean Your House
- Walk the dog
- Play Outdoor Sports
- Wash Your Car
- Clean Your Yard
Not planning your meals often leads to ‘empty snacking’ and having too much sugar and caffeine in your body which leads to blood sugar and hormone imbalances.
MEAL PLANNING

- Start the planning by making a grocery list
- Save money and improve your health by bringing a healthy lunch to work everyday
- Plan to shop for 3-5 days’ worth of food and drink
  - This may include breakfast, lunch, dinner, snacks and even leftovers
- Prep each meal and snacks the night before
  - It should only take about fifteen minutes maximum
Pack a balanced meal to boost your energy, mood, and concentration at work

**Fresh fruit**

**Fresh Veggies**

**Lean Proteins**

**Legumes**

Healthy Work Snack Ideas

**Salted Nuts**

**Hard Boiled Eggs**

**Greek Yogurt**

**Baked Chips / Pretzels**
Reaching goals takes time and effort and you need to educate yourself on how you can successfully achieve your ambitions.
SELF CARE

Once you take action, keep pushing for new goals and learning new things to continue to better yourself.

- Practice what you learn
- Make appointments
- Attend classes or training
- Frequently assess your progress
- Adjust your actions if need be
SELF CARE

- Get familiar with your numbers
  - Blood Pressure
  - Blood Sugar
  - Cholesterol
  - BMI/Body Fat Percentage
- Utilize free resources
  - Preventative Care
  - Wellness Programs
Your ability to balance your work and life (stress, nutrition, and exercise) can improve or degrade your health status.

With age, there is a decline in health and greater susceptibility to certain diseases such as

- Diabetes
- Heart Disease
- Alzheimer’s
- Osteoporosis / Osteoarthritis
By scheduling time to stretch, breathe, and relax at home and work EVERYDAY you can help:

- Lower Blood Pressure
- Increase Circulation
- Increase Productivity
- Reduce Neck & Back Pain
- Reduce Stress Hormones
- Improve Home & Work Relationships
TIMEOUT

Disconnect From Social Media

Go to Bed Early

Try Essential Oils

Push the Wall

Stress Relievers for Work

Get Perspective

Stretch

Remove Yourself

Delegate
WORK / LIFE BALANCE TIPS

- Review Priorities
- Manage Your Time in Relationships
- Project & Prepare for Upcoming Events
- Know & Use Your Resources
- Reduce Your News Intake and Social Media
- Be Kind to Yourself
QUESTIONS?