

Taking care of yourself so you can take care of others!



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Goals for Today

- You are not alone
- Your natural reactions to stress
- 8 Dimensions of Wellness
- Celebrate what you are doing well
- Choose an area to cultivate



Put your own
oxygen mask
on first.

How to care for yourself

Work–life balance is a concept including proper prioritizing between "**work**" (career and ambition) and "lifestyle" (health, pleasure, leisure, family and spiritual development/meditation). This is related to the idea of lifestyle choice. "wikipedia"



What effects your ability to balance?

- Company Culture
- Personal Culture and Values
- Life Stage
- No Perfect Balance
- Your Natural Behaviors

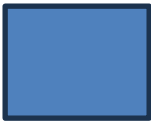




Understanding Our Natural Behaviors

What's My Style?




- Each of us has a preference for how we like to work, how we react to situations, and how we interact with each other. We call this a “**style**”. This is not about personality!
 - Within your style, you have behaviors that come naturally to you and those that take a little more effort.
 - We are going to look at what our styles mean when it comes to work life balance.
 - Remember, there is no right or wrong. This is about optimizing strengths and understanding opportunities.
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What's My Style?



If your highest total is in Column #1:

Your style preference is **Dominant**.

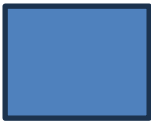
- That means you are energized by problem solving and life's challenges.
 - You enjoy a fast pace, are goal oriented, and decisive. You like to be in control and get things done! Your focus is the goal.
 - You can be competitive, driven, and may experience challenges with listening, patience, and wanting quick results.
 - You make decisive quick decisions.
 - **DiSC Classic Patterns:** Developer, Results Orientated, Inspirational and Creative
- 

What's My Style?



If your highest total is in Column #2:

Your style preference is **Interactive**.


- That means you are energized by people and inspiring others.
 - You enjoy a fast pace, are spontaneous, and like participation. You like to talk, especially about yourself! Your focus is on people.
 - You can be influential, optimistic, and may experience challenges with attention to detail, follow-through, and being over emotional.
 - You make spontaneous quick decisions.
 - **DiSC Classic Patterns:** Promoter, Persuader, Counselor, Appraiser
- 

What's My Style?



If your highest total is in Column #3:

Your style preference is **Steady**.


- That means you are energized by planning, stability, and life's consistencies.
 - You enjoy a slower more relaxed pace. You enjoy teamwork and are a good listener and empathizer. Your focus is on relationships.
 - You are reliable and loyal, and may experience challenges getting to action, adapting to change, and being assertive.
 - You make slower decisions based on conferring with others.
 - **DiSC Classic Patterns:** Objective Thinker, Perfectionist, Practitioner
- 

What's My Style?



If your highest total is in Column #4:

Your style preference is **Conscientious**.

- That means you are energized by accuracy and correct procedures.
 - You enjoy a cautious more systematic pace with few interruptions and a more formal work environment. Your focus is on tasks.
 - You like facts and details and the process of getting to the correct answer. You may experience challenges with being critical and unemotional.
 - You make slower deliberate decisions based on data.
 - **DiSC Classic Patterns:** Objective Thinker, Perfectionist, Practitioner
- 

Strategies for Taking Care of Ourselves

8 Pillars of Self Care

- Emotional Wellness
- Environmental Wellness
- Physical Wellness
- Financial Wellness
- Intellectual Wellness
- Occupational Wellness
- Spiritual Wellness
- Social Wellness



Cultivating Wellness: 8 Dimensions of Staff Wellbeing. ECLKC Resource

Emotional Wellness

- Music helps us connect with our emotions
manage emotions and reduce stress
- Make your playlist of:
 - Happy songs
 - Morning songs (before coffee songs!)
 - Calming songs



Environment Management

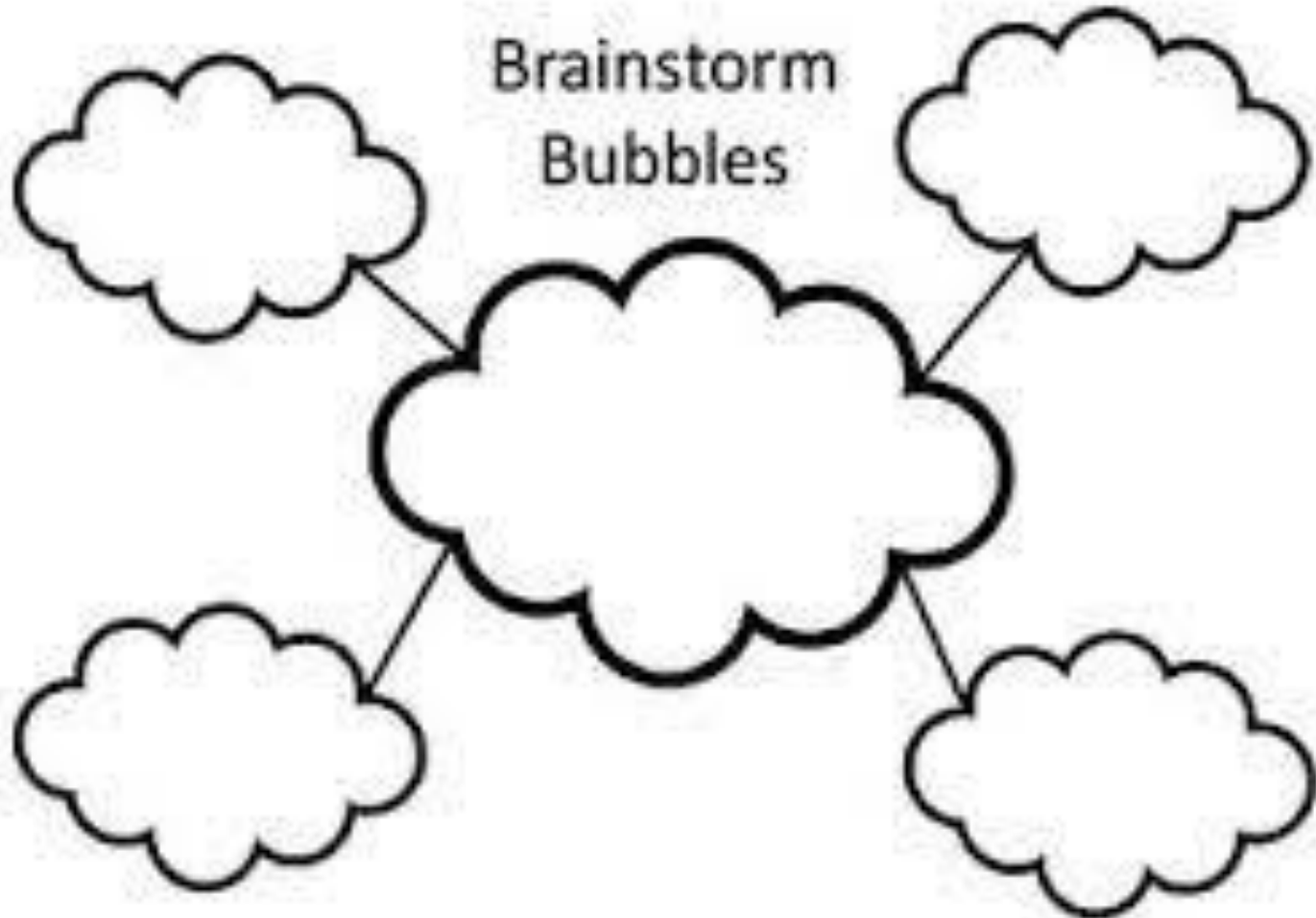
- Environmental wellness is having good health by occupying pleasant, stimulating environments that support well-being. It promotes interaction with nature and also creating an enjoyable personal environment
- Remove clutter and keep your space(s) tidy.
- Ride a bike, walk or spend time outside
- Find calming items to add to the spaces you are in the most.



"BARRY IS A FINE EXAMPLE OF THE SUCCESS OF OUR CLEAR DESK POLICY"

Financial Wellness

Surround your problem with solutions



Intellectual Wellness

- Intellectual wellness recognizes creative abilities and encourages us to find ways to expand our knowledge and skills. Intellectual wellness can be developed through personal and professional development, cultural involvement, community involvement and personal hobbies.



Occupational Wellness

- *Refers to fulfillment of your work satisfaction.*
- Ways to help:
 - Connect Socially
 - Ask for Feedback
 - Communicate and Ask for Help
 - Take a Mental Health Day
 - Surround Yourself with Positive Individuals

Spiritual Wellness

Spiritual Wellness

- The desire to do good, live with gratitude and bring positivity to the world.
- Do this by connecting with your values and beliefs.

Social Wellness

- Make Connections
- Take care of yourself
- Get active Together
- Shape healthy habits
- Bond with your kids

Time Management

- <C:\Users\aelliott\Desktop\Franklin Covey's The 7 Habits Video Preview Big Rocks.mp4>
- Schedule Yourself. Which area of wellness does time management fit for you?
Environmental? Emotional? Social?

Stressors for Managing Time

Dominant

- Distractions
- Constant Re-prioritizing
- Boredom
- Missed deadlines
- Loss of control

Steady

- Lack of time to plan out the schedule
- Making decisions without enough information
- Rushing to meet other's deadlines
- Making risky decisions

Interactive

- Saying No
- Personal life impacting work
- Too much socializing
- Overextending oneself
- Having to deal with details

Conscientious

- Lack of information/data
- External influences on work
- Dealing with assertive people
- Inability to plan or see implications of decisions
- Not following procedures
- Sloppy work, inaccurate data

Which Dimension do you Need to Cultivate?

- Emotional Wellness
- Environmental Wellness
- Physical Wellness
- Financial Wellness
- Intellectual Wellness
- Occupational Wellness
- Spiritual Wellness
- Social Wellness

Thank You



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