



# THE ULTIMATE BALANCING ACT

A HEALTHY WORK & LIFE BALANCE



# OUT OF BALANCE

- What are your priorities?
- How do you manage your time?
- How do you manage your relationships to your priorities?





## POLL QUESTION #1

HOW WELL DO YOU BALANCE YOUR  
WORK & HOME LIFE?

# 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

# EXERCISE

- 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.



# PHYSICAL ACTIVITY & STRESS

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





# NUTRITION

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



# BUILD A HEALTHY LUNCH BOX

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





## POLL QUESTION #2

**WHAT IS YOUR FAVORITE RECIPE  
TO MEAL PREP?**

# SELF CARE

Reaching goals takes time and effort and you need to educate yourself on how you can successfully achieve your ambitions

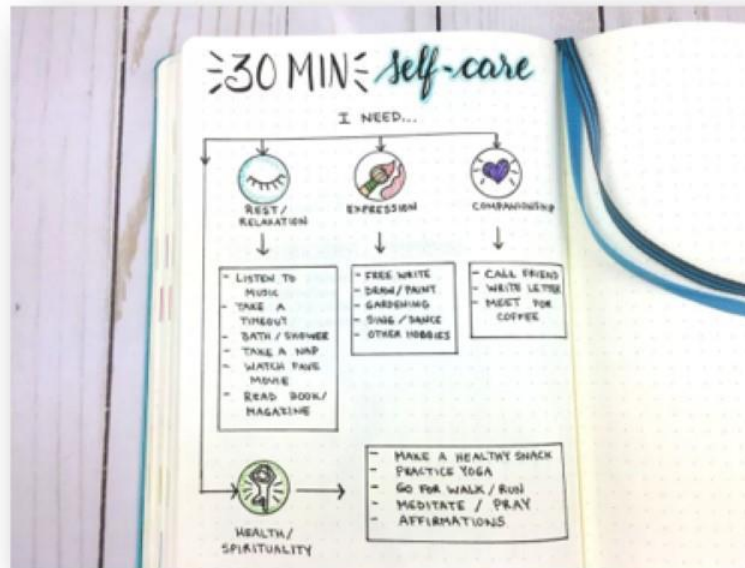
## Identify Your Goals

Reducing Stress

Lowering Blood Pressure

Losing Weight

Achieving a Promotion



## Plan for your Next Step

Do you need to sign up for a class

Do you need to find a doctor

Do you need to buy equipment

Do you need to talk to a counselor

# 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



# SELF CARE

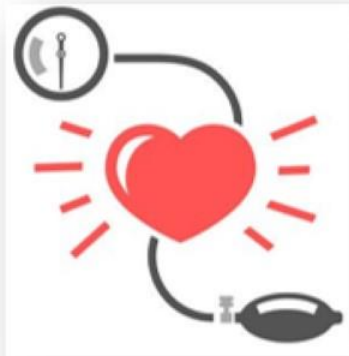
- Your ability to balance your work and life (stress, nutrition, and exercise) can improve or degrade your health status.
- With age, there is a decline in health and greater susceptibility to certain diseases such as
  - Diabetes
  - Heart Disease
  - Alzheimer's
  - Osteoporosis / Osteoarthritis





# STRESS MANAGEMENT

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



## POLL QUESTION #3

WHICH SELF-CARE PRACTICE DO YOU THINK YOU WOULD LIKE TO ADD TO YOUR ROUTINE?

# 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?

STAY AFTER THE WEBINAR TO COMPLETE A QUICK SURVEY!

