



STTACC CONFERENCE

MISSION POSSIBLE



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WORK-LIFE BALANCE

Thursday and Friday, August 11-12, 2016

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GOALS AND OBJECTIVES OF SESSION

Goal: To provide an overview of work-life balance and remedies for the soul.

Objectives: After the presentation participants will be able to:

- State how they currently spend their time.
- Discuss how they desire to spend their time.
- State one benefit of work-life balance.
- Commit to doing one thing to improve work-life balance.

WORK-LIFE DEFINITION

The amount of time you spend doing your job compared with the amount of time you spend with your family and doing things you enjoy: It can be difficult to get the right work-life balance.

(Cambridge dictionary definition)

WORK/LIFE BALANCE



Work-Life Balance Strategies

HOW ARE YOU SPENDING YOUR TIME (MONEY)?

- Career Work
- Recreation- Leisure- Fun
- Spiritual-Personal Development
- Family and Friends
- Money Finances
- Physical Environment
- Spouse-Relationship-Significant Other
- Health- Physical Well-Being

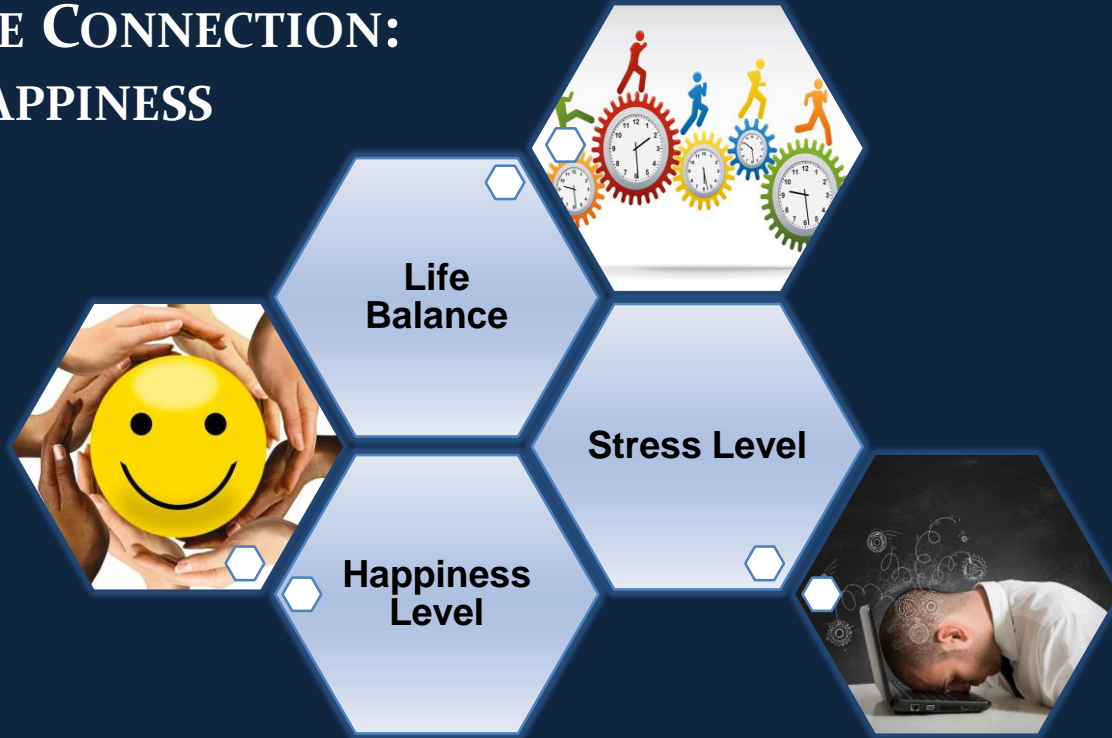
CURRENT STATE

- Career Work
- Recreation- Leisure- Fun
- Spiritual-Personal Development
- Family and Friends
- Money Finances
- Physical Environment
- Spouse-Relationship-Significant Other
- Health- Physical Well-Being

DESIRED STATE

- Career Work
- Recreation- Leisure- Fun
- Spiritual-Personal Development
- Family and Friends
- Money Finances
- Physical Environment
- Spouse-Relationship-Significant Other
- Health- Physical Well-Being

LIFE BALANCE CONNECTION: STRESS VS. HAPPINESS



LIFE-WORK BALANCE REMEDIES

1. Turn off your work e-mail nights/weekends.
2. Give yourself boundaries (i.e. no work projects on the weekend).
3. Manage your schedule.

LIFE-WORK BALANCE REMEDIES

4. Exercise.
5. Relax and Unplug (hit the pause button).
6. Make plans with family and friends.

LIFE-WORK BALANCE REMEDIES

7. Ask for help (remove perfect)!
8. Take responsibility for your own wellbeing!
9. Get more sleep!

LIFE-WORK BALANCE REMEDIES

10. Figure out what works for you and stick to it!

Be Good to You!

- Be yourself, truthfully.
- Accept yourself, gratefully.
- Value yourself, joyfully.
- Forgive yourself, completely.
- Treat yourself, generously.
- Balance yourself, harmoniously.
- Bless yourself, abundantly.
- Trust yourself, confidently.
- Love yourself, wholeheartedly.
- Empower yourself, immediately.
- Give yourself, enthusiastically.
- Express yourself, radiantly.

1st aid for the Soul

BE GOOD TO YOURSELF!



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