

Cultivating Balance: Enhancing Well-Being to Support Others

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Agenda

1. What is Well-being?
2. Wheel of Life
3. Creating a Goal
4. Finding Your Balance
5. Stress Management
6. Mindfulness/Resiliency
7. Wrap-up

Defining Well-being



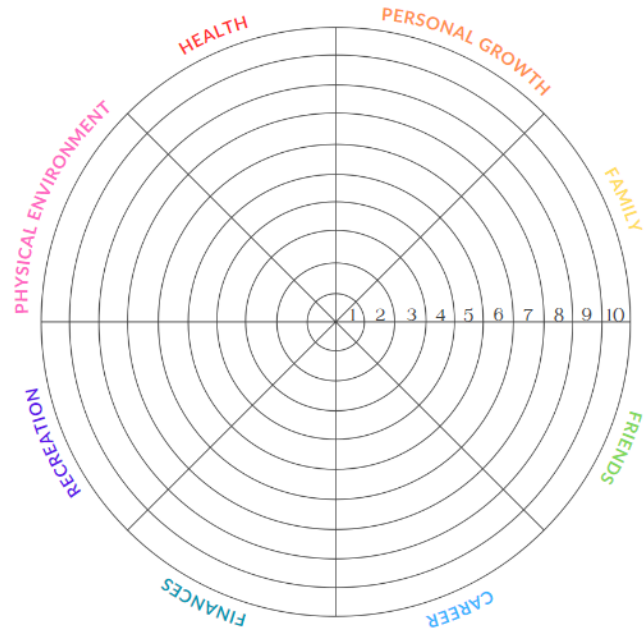
- “Well-being is the presence of positive emotions and moods, the absence of negative emotions, satisfaction with life, fulfillment and positive functioning” (CDC).
- Areas of Well-being:
 - Physical well-being
 - Emotional well-being
 - Social well-being
 - Workplace well-being

What is the Wheel of Life?



The Wheel of Life

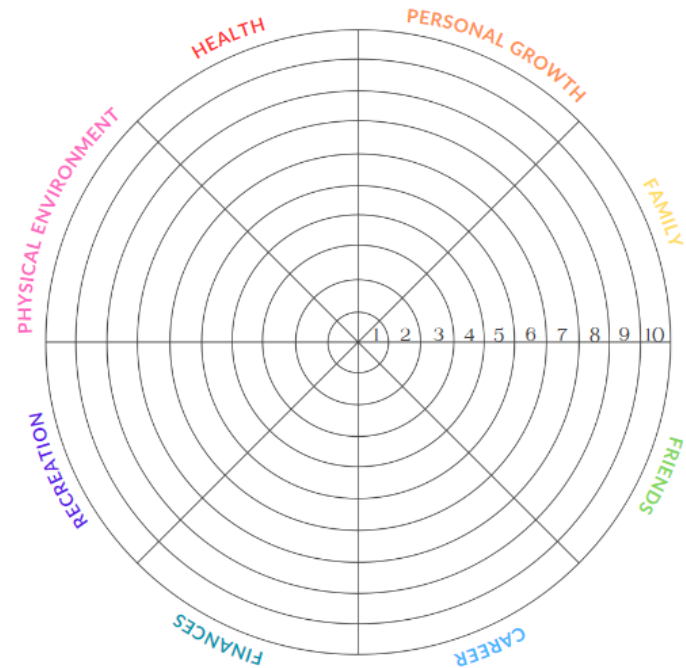
- A visual aid to help you recognize balance in your life
- Find focus for your goals
- Is customizable to you
- Easy and effective
- Brings your values into focus



[Wheel-of-Life.pdf](#)

How to Use The Wheel of Life

- Take a moment to consider your level of satisfaction in each area on a scale of 1-10
- Fill in each wedge with your level of satisfaction
- How round is your wheel?
- Do you see areas of potential improvement?



What Does the Wheel Evaluate?



How do we find balance?

Action steps to get you started

- Health
 - Preventative Visits
 - Exercise/nutrition
 - Stress Management

- Personal Growth
 - Your purpose/values
 - Self-awareness
 - Habits

- Family
 - Quality time
 - Communication
 - Emotional needs

- Finding balance
 - Annual physicals
 - Work with a health coach
 - Take a deep breath

- Finding balance
 - Learn a new skill
 - Practice meditation
 - Recognize your strengths

- Finding balance
 - Show appreciation
 - Try something together
 - Professional help if needed

Continuation of finding your balance

Action steps to get you started

- Friends
 - Trust
 - Support
 - Fun and laughter

- Career
 - Workload
 - Communication skills
 - Positive community

- Recreation
 - Hobbies
 - Social gatherings
 - Vacation

- Finding balance
 - Schedule time
 - Listen without judgement
 - Check in with each other

- Finding balance
 - Connect with coworkers
 - Look for educational growth
 - Disconnect when you can


- Finding balance
 - Explore new hobbies
 - Ask others to join you
 - Make time for leisure

How Can I Customize My Wheel?



How Can I Customize My Wheel?

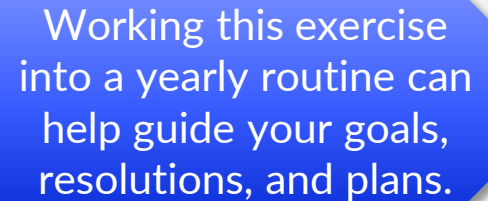
- Break down each section of the wheel into a secondary wheel
- Include your family, friends, or team in the process
- Other life areas to evaluate can involve complex skills such as:
 - Leadership
 - Communication
 - Teamwork

A photograph of a middle-aged couple kayaking on a river. The woman is in the foreground, wearing a plaid shirt and smiling. The man is behind her, wearing a blue cap and jacket. They are in a red kayak with yellow paddles. The background is a dense forest of tall trees.

What's Next?

How Can My Wheel Help Me?

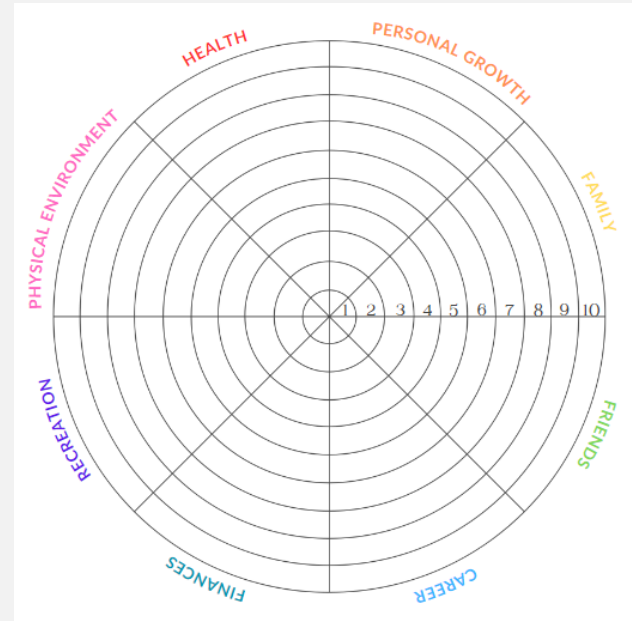
- Help guide future choices towards key priorities.
- Learn more about what is causing imbalance.
- Have visual tracking of how changing habits are leading to balance.
- Create boundaries.
- Spend more time in purposeful habits.



Working this exercise into a yearly routine can help guide your goals, resolutions, and plans.

Questions to Ask About Your Wheel

- Which area is currently getting a lot of attention? Why?
- Which area is getting the least attention? Why?
- Are my key values represented on my wheel?
- What would it take to reach a 10 in an area?
- What would raise a 5 to an 8?
- What could lower an 8 to a 5?



<https://www.healthline.com/health/mental-health/work-life-balance>

Creating a Goal

SMART Goals

Clear, focused goal setting



Specific: What? Why? How?



Measurable: Establish concrete criteria for measuring progress.



Action-oriented: What intentional step(s) can you take to move closer to your goal?



Realistic: Is this goal realistic with effort and commitment?



Time-bound: Must be measurable, keeping it within sight.

Perspective

What is in Your Control and What is Not



It's Not In My Control



ON THE JOB

Certain things at work are beyond your control. Focusing on controllable factors can help to curb work burnout.

OTHER PEOPLE'S ACTIONS

We are naturally influenced by those around us. We cannot control what people say, nor can we control their actions.

EMOTIONS

When emotions like fear, sadness, or worry take over, they drain our energy and weaken our sense of control.

Take Control

- Enhance coping skills
- Prioritize calming workday breaks
- Cultivate gratitude
- Be curious
- Focus what meets your needs and don't compare yourself to others



Power of Positivity

Develop a Positive Attitude:

- Shift your internal monologue from negative to positive messages.
- Counteract insecurity by remembering times when you succeeded.
- Don't assume the worst will happen in each situation.
- Don't jump to negative conclusions when something doesn't go your way.
- Be mindful of what you're feeding your mind—limit the news and social media.

Look at Things a Different Way



- Keep situations in perspective.
- Try to view negative circumstances as opportunities.
- Imagine what the other person might be going through.

Reframing

How to reframe:

1. Write down the problem and what goes through your mind when you think about the problem.
2. Write down the emotions you are feeling related to the problem.
3. Take a few deep breaths.
4. Think about the situations. What about the situation can be considered positive?

Reacting vs Responding

Situation

"Between the stimulus and response there is a space. In that space is our power to choose a response. In our response lies our growth and our freedom" - V. Frankl

Reacting

Can lead to increased chaos, confusion, and frustration

Responding

Can lead to more control and grace under pressure

Cultivating Balance

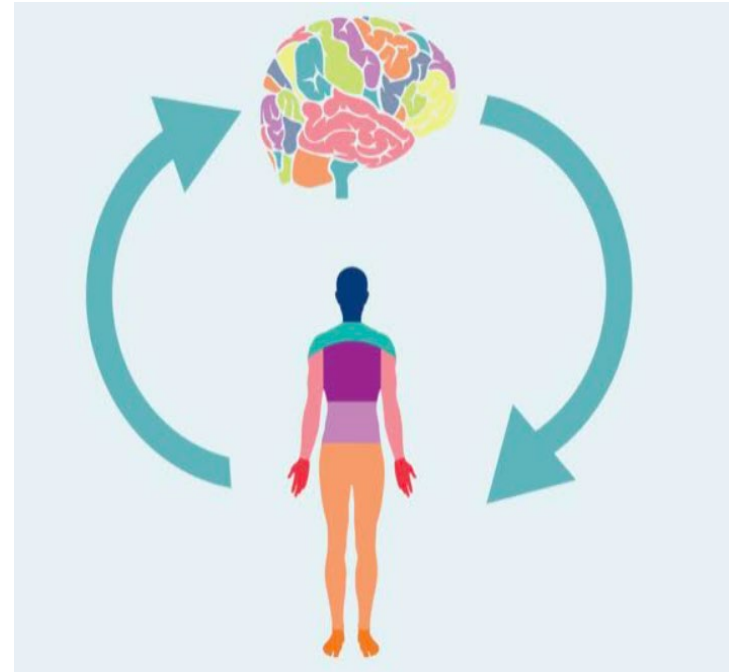
How Full is Your Cup?

- Check-in with yourself:
 - How full is your cup?
 - Do you need to stop and fill your cup?
- What do you need in this moment? What activity or self-care behavior would help fill up your cup?
- How can you regularly schedule check-ins with yourself and self-care practices into your week?



Connection Between the Brain and Body

- Effective self-care considers the mind's connection with the body
- Many self-care activities involve care that does not make the brain-body connection
- Mind-body self-care addresses stress which lives in our body
- Address internal challenges with internal solutions
- Regulate your nervous system through strategies that allow your brain and body to work together



Mind-Body Connection: Practice Self-Care

- Get active—every movement counts!
- Eat well-balanced meals and snacks.
- Get enough sleep.
- Stay connected to friends and family.
- Relax.



Prevent Burnout

- Plan micro-breaks
- Say no to the thing that may put you off balance
- Reduce consumption of social media
- Consider what really fuels you



Engage in Restorative Activities

Choose what restores your energy.

- Psychological detachment
- Control
- Relaxation
- Mastery
- Relatedness



Work Life Balance

What is Work-Life Balance?



Work-Life Balance



Work-life balance involves maintaining equilibrium between work commitments and personal life. It's about finding a healthy integration of job, family, and emotional well-being.

- It's about integration, not time equality.
- It's personal and unique to each individual.
- It's a dynamic process, not a fixed state.

Strategies for Achieving Work-Life Balance

- Make prioritization and planning a priority
- Establish clear boundaries
- Delegate tasks effectively
- Take regular breaks
- Disconnect to rejuvenate
- Nurture personal interests
- Ask for support
- Encourage open communication
- Be present at work or home
- Welcome humor and fun



Time as an Opportunity



Work

- Block off chunks of time for projects to focus on one thing.
- Block off the last 30 minutes to organize and prep for the next day.
- Schedule a “transition” from work to home life.

Home

- Schedule time to exercise.
- Incorporate meal planning and prep to save time during the week.
- Prioritize down time and “me” time.

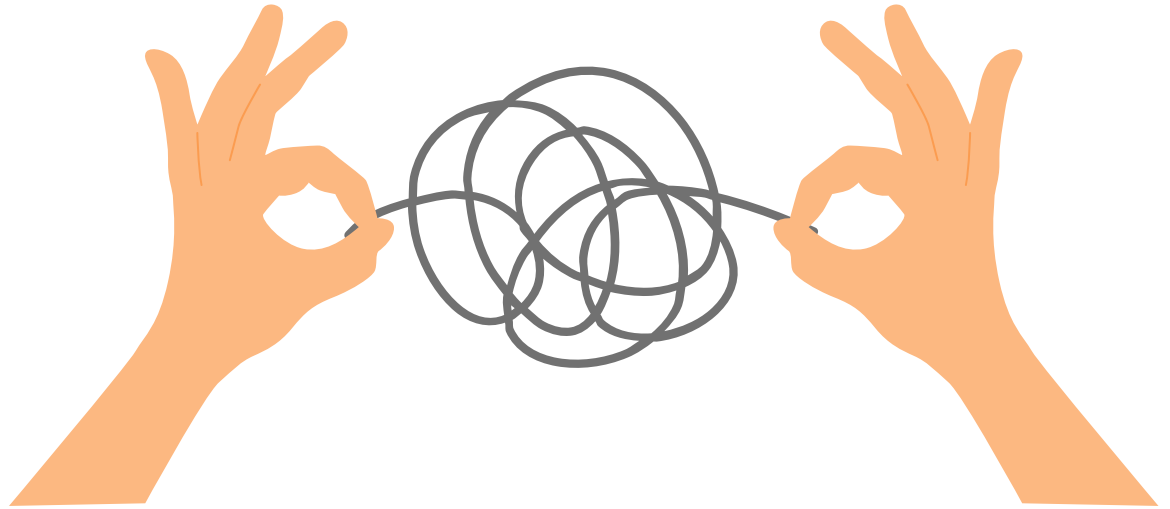
Schedule and Prioritize Breaks

Plan Ahead

- Block off time every day for relaxation.
- Create a reminder and protect that time.
- Create a list of 5-to-10-minute activities that recharge and refresh you.
- Keep this list visible so you can take these breaks throughout the day.

Challenge

Letting go of control and expectations



Mental Load



Mental Load

Worry Work

The mental load is the cognitive multitasking that takes up memory space when it comes to the behind-the-scenes tasks that keep the home and work running smoothly.

Helpful Tips

- Start the conversation.
- Share what the mental load looks/feels like to you.
- Share the management load/not just tasks.
- Let go of expectations.
- Be OK with others doing it their way—relinquish control.
- Have check-ins.

Wrap -Up

1

- Do your own wheel of life assessment.
- Evaluate and reflect on your next steps.
- Set goals.

2

- Explore your perspective as you encounter different circumstances.
 - What's your perspective in your personal life?
 - What's your perspective in your work life?

3

- Cultivate balance
 - How full is your cup?
 - How can you bring balance in your life personally, and at work?

Q & A

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