



WELLNESS: WORK/LIFE BALANCE

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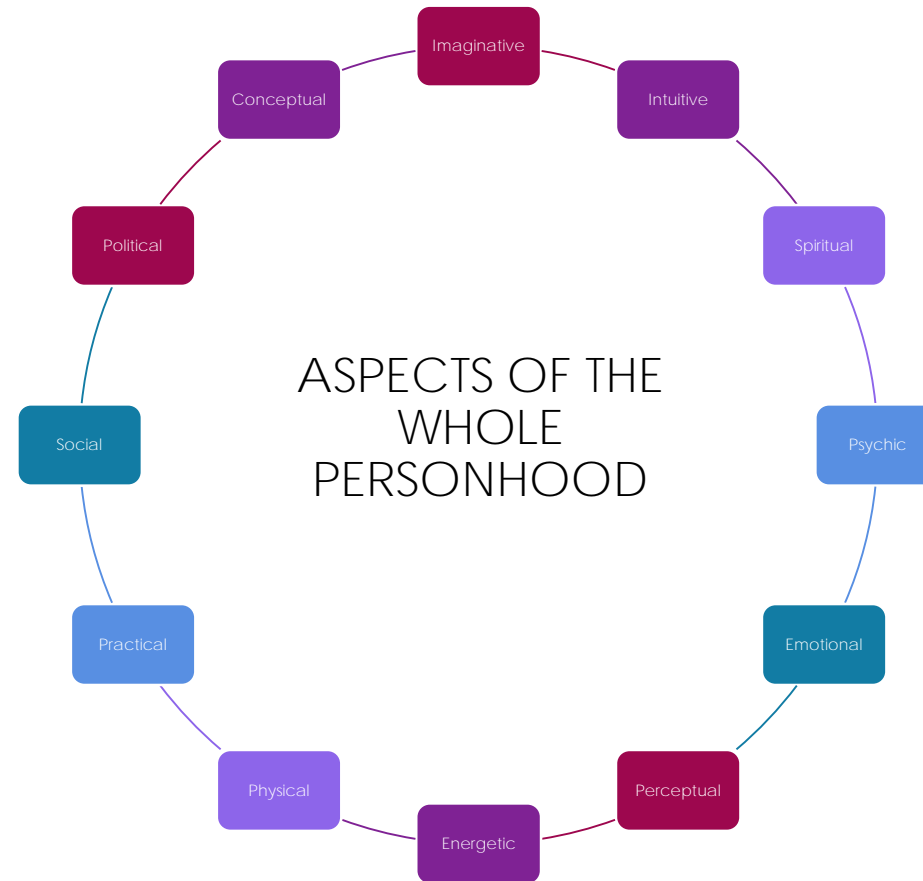
WELCOME!



INTRODUCTION



WE ARE COMPLEX...



...THE CURRENT WORLD WE LIVE IN
IS COMPLEX



THE CHALLENGE



OVERVIEW

- Introduction to the ACT Matrix Model
 - Dimensions of the Human Experience
 - Experiencing
 - Inner & Outer Worlds
 - Behavior
 - Towards & Away
 - Defining What We Care About
 - What Gets in the Way
 - The Dilemma of Delay Discounting (LT/ST)
 - Taking Values-Based Steps



SIGNS OF BURNOUT

Psychological Well-Being

- Not present or engaged with loved ones, hobbies or time with family;
- Decreased satisfaction;
- Cynicism;
- Increased depression or anxiety;
- Reduced concentration;
- Lower tolerance;
- Avoiding feelings or attempt of improving feelings by increased eating or drinking.

Physical Well-Being

- Low energy;
- Increased eating or drinking;
- Change of appetite;
- Body signs:
 - Headaches;
 - Physical complaints;
 - Pain;
 - Fatigue;
 - Insomnia;
 - Reduced immunity;

Impacts on Work

- Drop in productivity;
- Longer completion times;
- Starting late; Ending early.

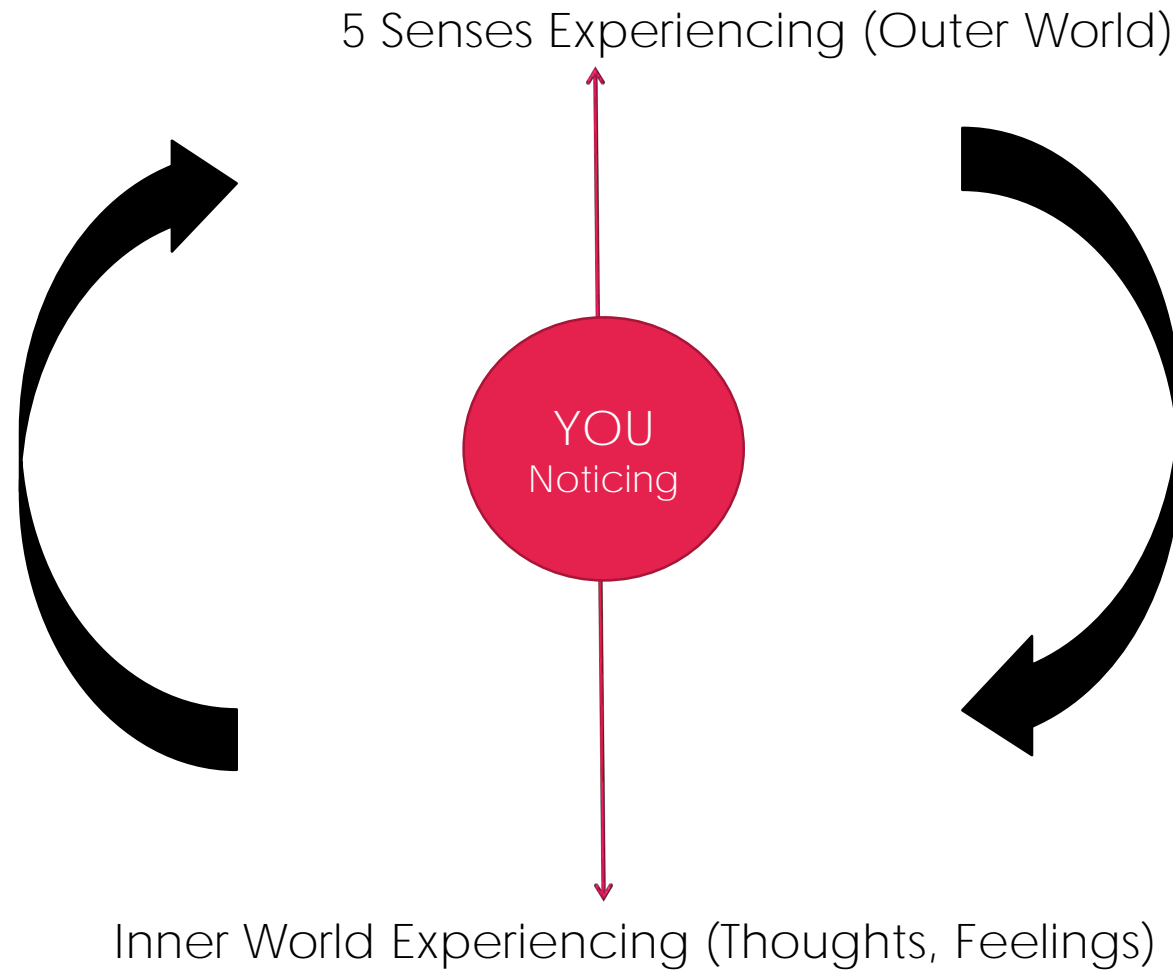
TAKING A MOMENT TO TAKE
INVENTORY OF WHERE WE HAVE BEEN
& WHERE WE ARE AT.



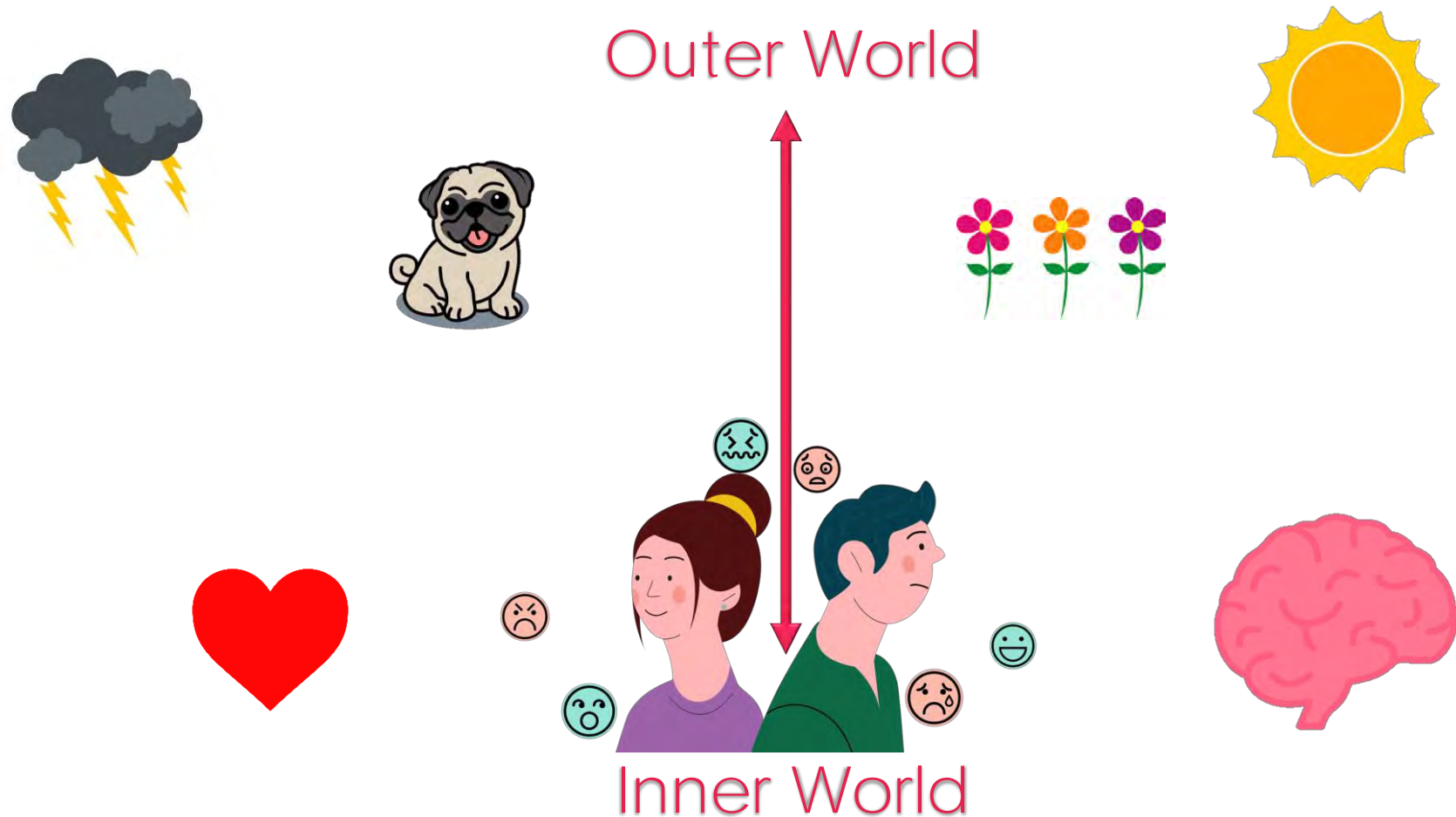
ORIENTING TO THE MATRIX TO UNDERSTAND THE HUMAN EXPERIENCE



PRESENT MOMENT AWARENESS



DIMENSION ONE – EXPERIENCING INNER & OUTER WORLD EXPERIENCING



DIMENSIONS OF THE HUMAN EXPERIENCE

I. Where we give our attention to:

- Inner world – Thoughts & Feelings
- Outer World – 5 Senses

II. How we Respond to it:

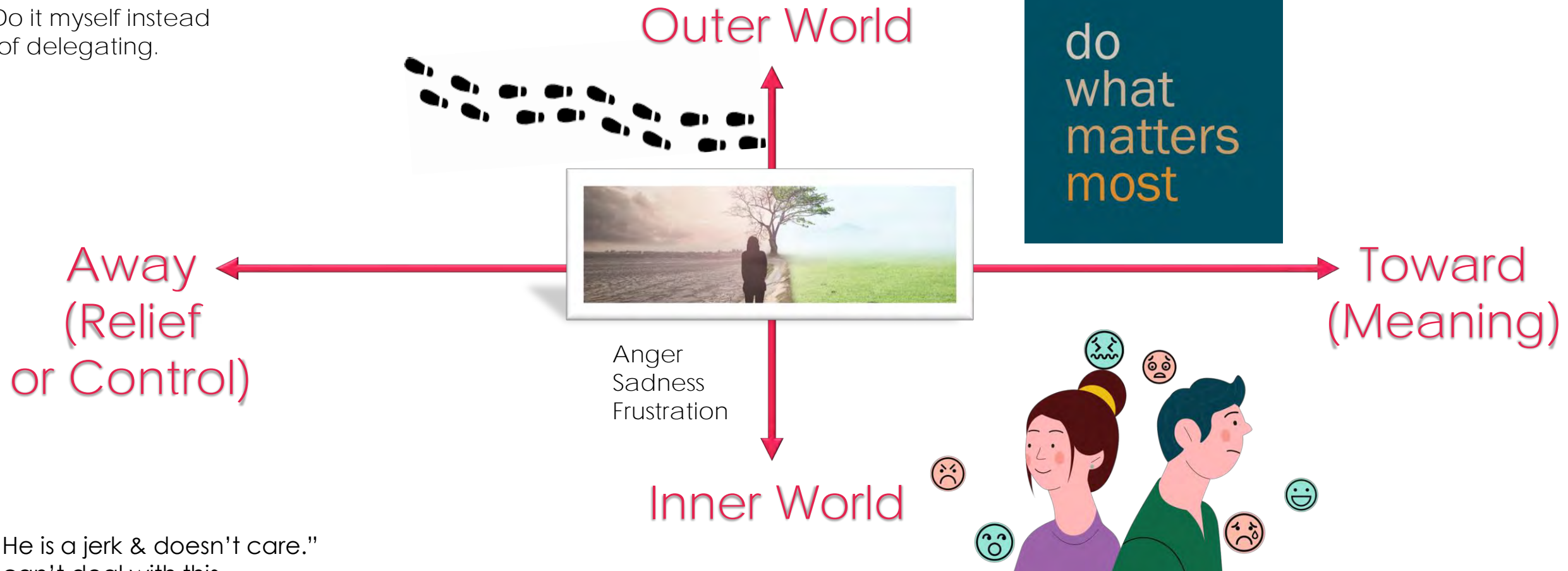
- Toward
 - Away
- } What matters to us

DIMENSION TWO – BEHAVIOR TOWARDS / AWAY



COMBINING THE TWO DIMENSIONS

Responding insensitively.
Binge watching Netflix during
work.
Do it myself instead
of delegating.



"He is a jerk & doesn't care."
I can't deal with this.
"Something bad will happen if I don't deal with it."

OVERWHELM & BURNOUT AT WORK VERSUS HARMONY AND BALANCE




THE SWEET SPOT



GROUP ACTIVITY: CONNECTING TO WHAT MATTERS TO YOU

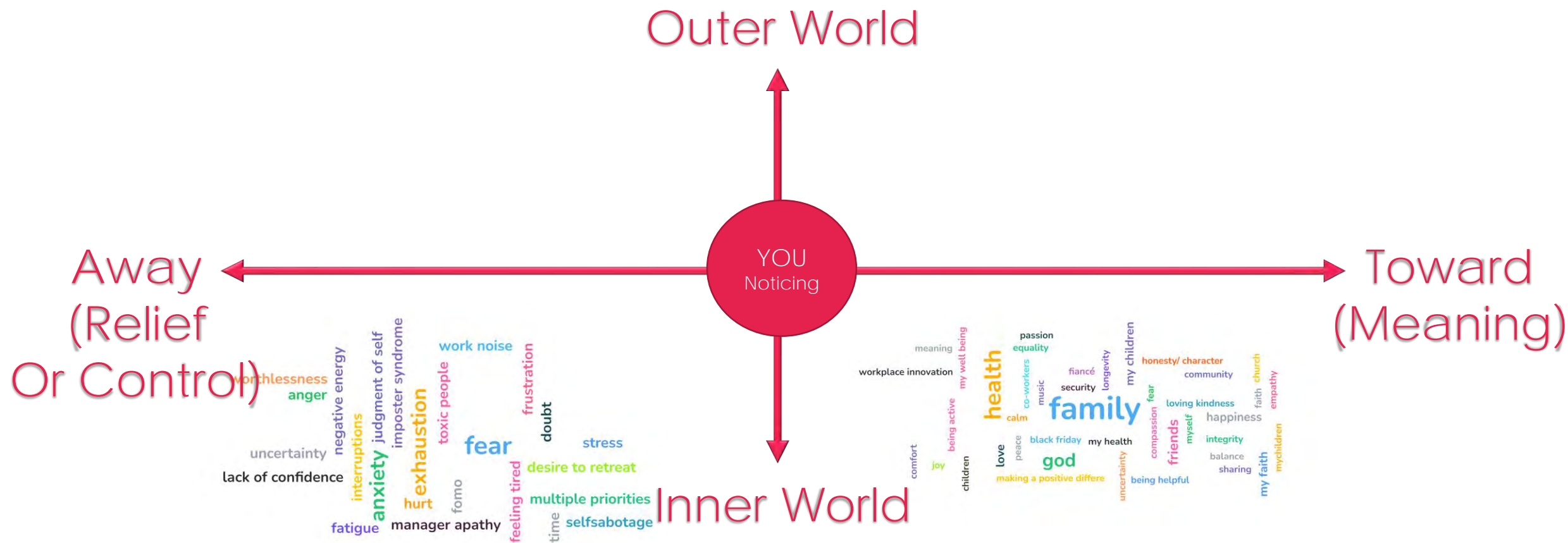


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QUESTION 1:
WHO & WHAT IS MOST IMPORTANT
TO YOU?

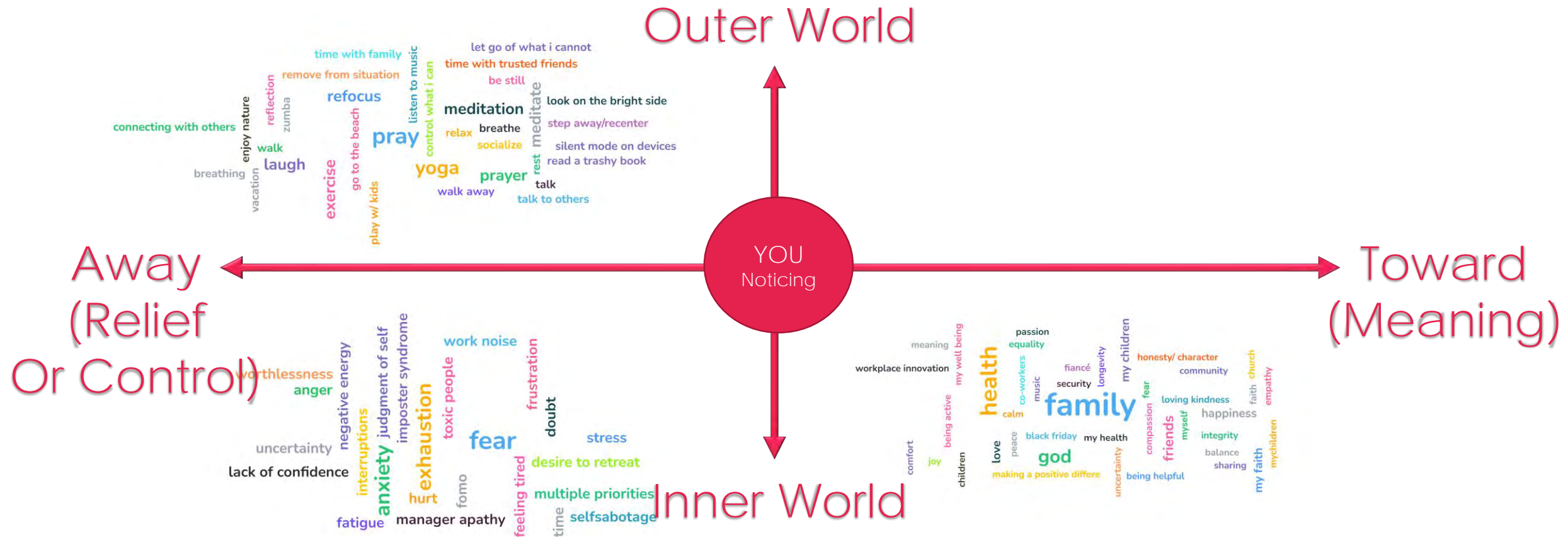
WHAT GETS IN THE WAY?





QUESTION 3:
WHAT DO YOU DO TO OR HAVE TRIED
TO MOVE AWAY FROM THOSE
DIFFICULT INNER EXPERIENCES?

WHAT DO YOU DO TO MOVE AWAY FROM THOSE
DIFFICULT INNER EXPERIENCES?



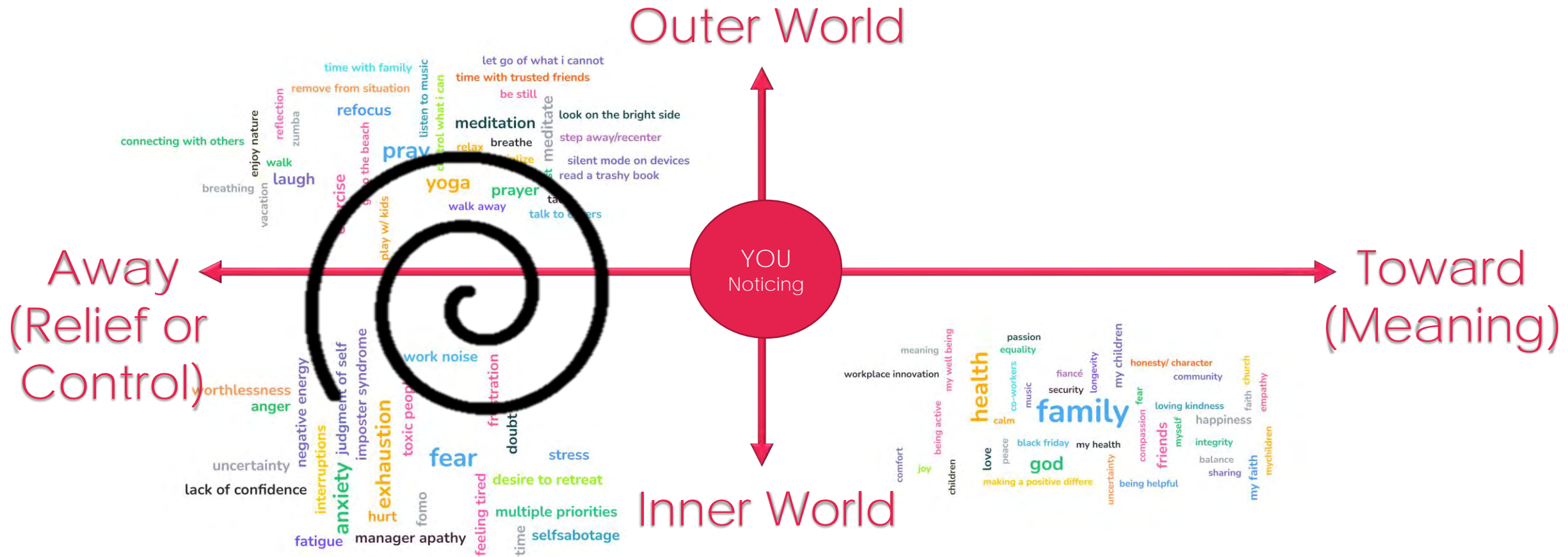
BREAK - 10 MINUTES



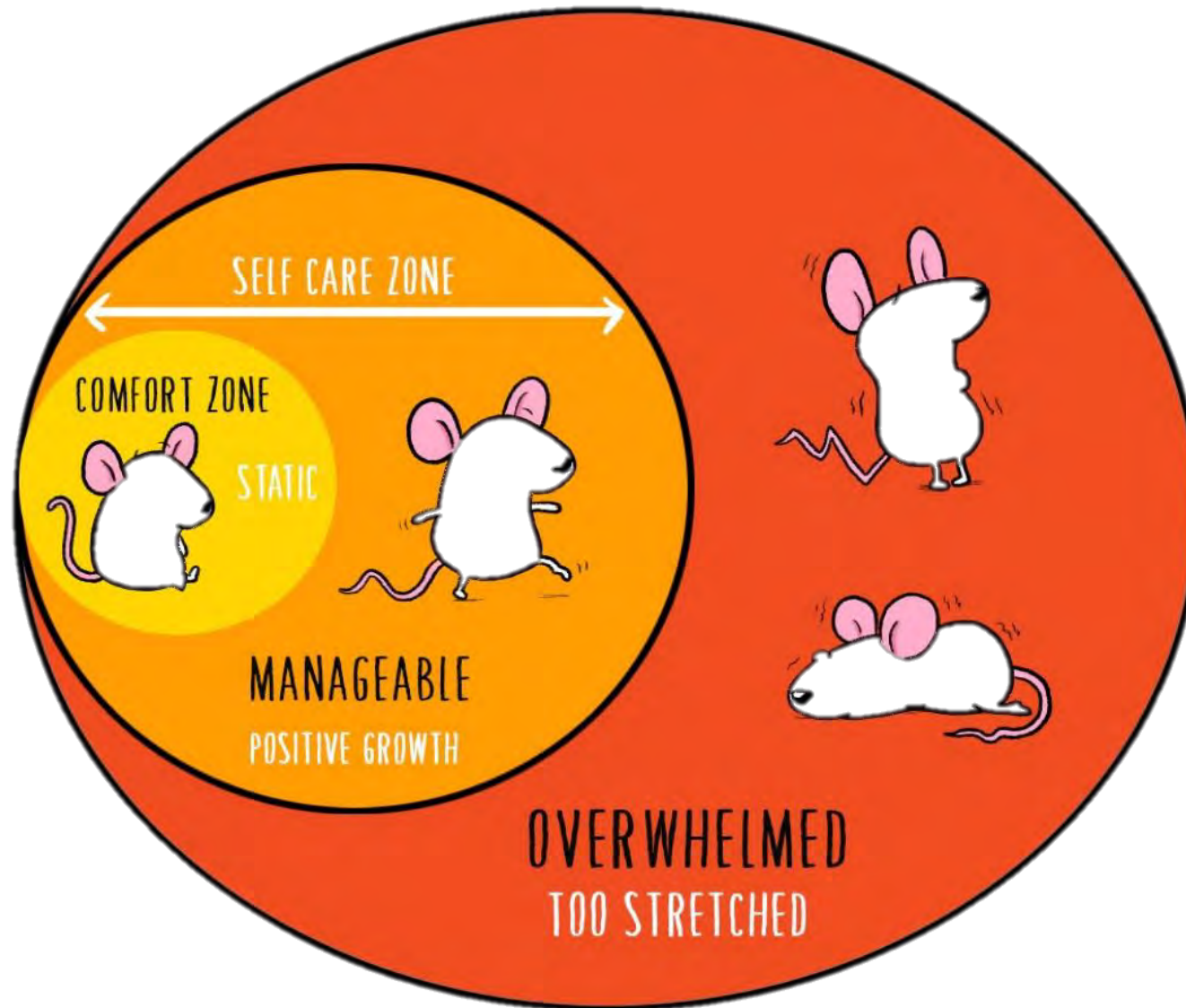
ACTIVITY: THE JOURNEY TO YOUR OWN PERSONAL MOUNTAINTOP



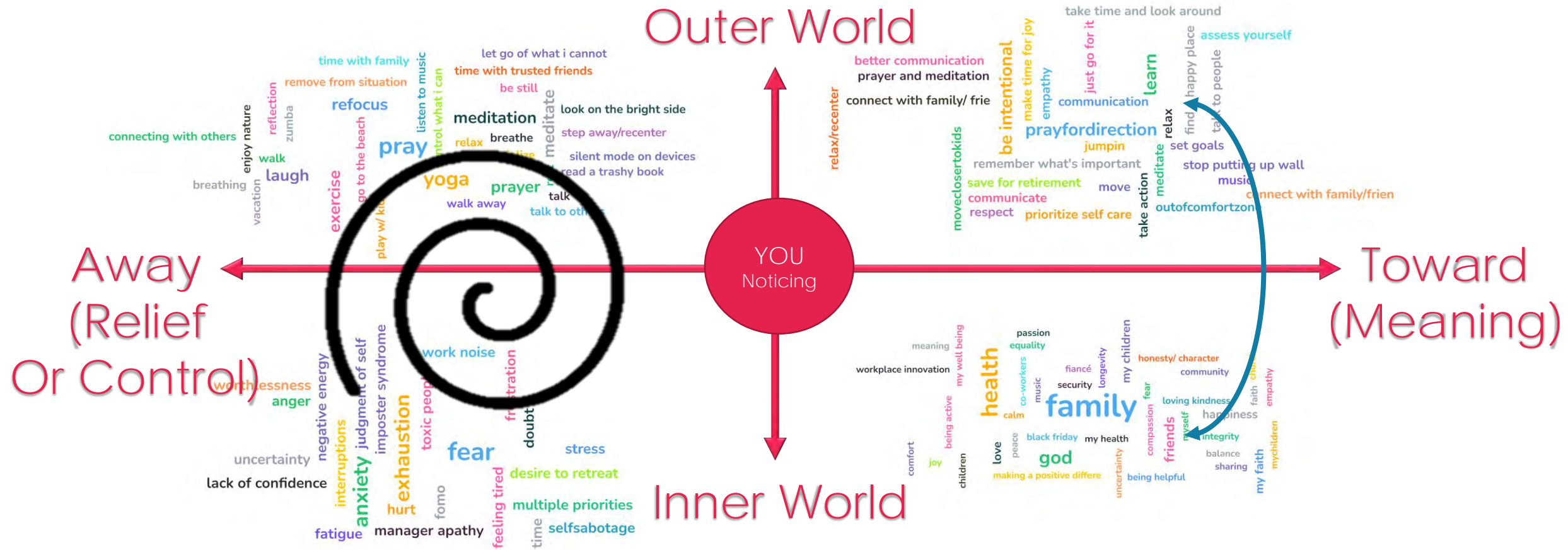
ST-RELIEF VS. LT-MEANING



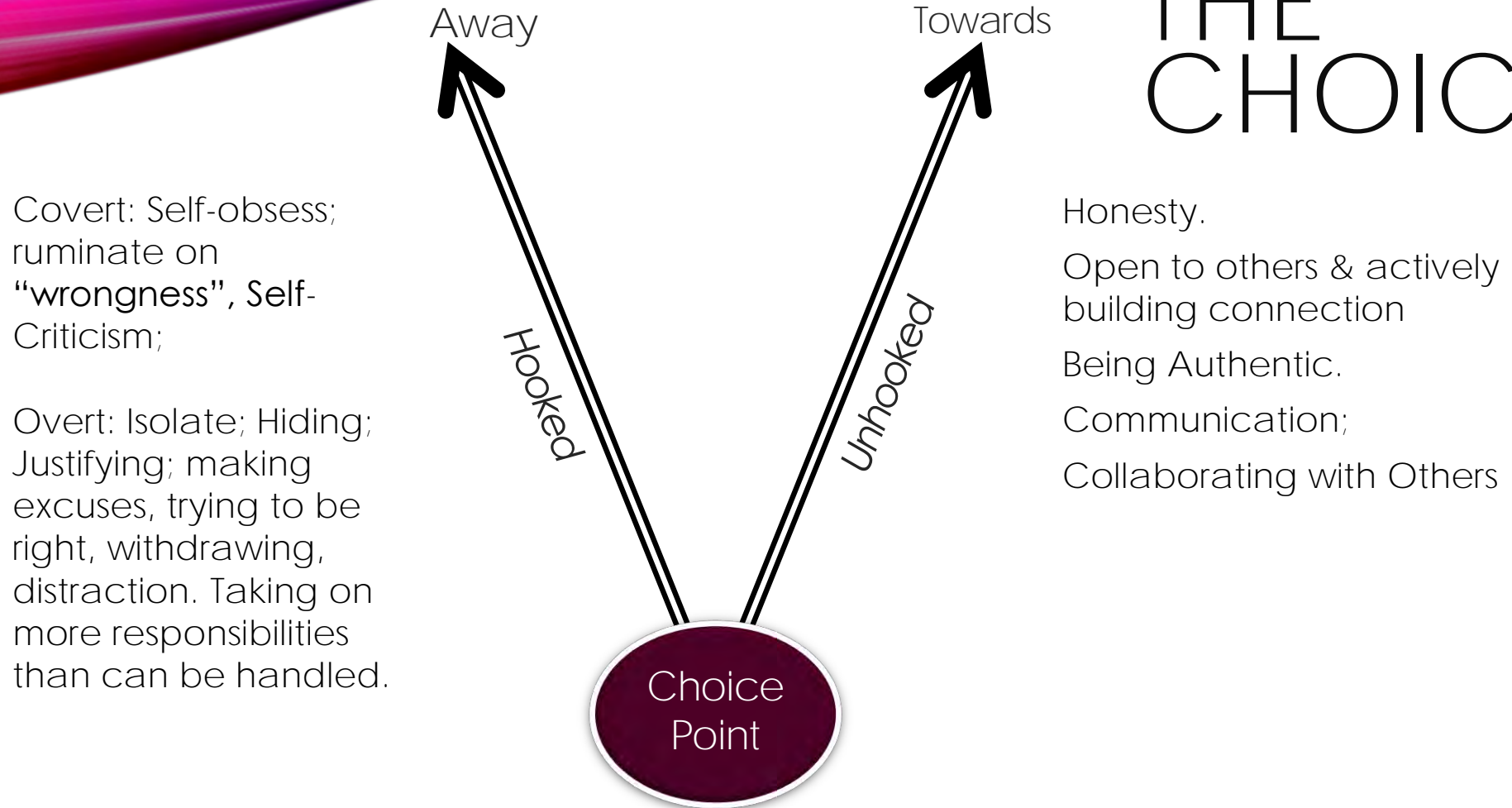
WHERE TO START?



ST-RELIEF VS. LT-MEANING



THE CHOICE



Situations: Coworker calls you in the the middle of the night; Balancing multiple projects. Missed a deadline.

Feelings: Insecurity, fear, hopelessness, sadness, shame, embarrassment, anger, rejection

Thoughts: "not good enough" ; "not capable"; "not deserving;," "failing;," "making a mistakes; "This is trivial"-
minimizing.



OTHER TIPS TO MANAGE BURNOUT

- Avoid Venting with others.
- Focus on locus of control & letting go of what is not. Control is not a bad thing, it is knowing what is in your control that is the issue.
- Build structure & routines into your day.
- Take breaks or give time between virtual meetings.
- Seek clarity on roles and expectations.
- Protect your time.

PROTECT YOUR TIME

THE TIME MATRIX™





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- Take breaks or give time between virtual meetings.
- Seek clarity on roles and expectations.
- Protect your time.
- Acknowledge moments of personal accomplishments & gratitude to balance out our negative attentional bias tendencies.
- Consider and adjust your sleep schedule.

THANK
YOU !

Questions?

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