

# Balance and Well Being



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# Life = *Stressful*



Today's demanding world leaves  
us overwhelmed, depleted  
and disengaged.



=No Fun

# Fun



# Job Stress - Statistics



- 80% of workers feel stress on the job, nearly half say they need help in learning how to manage stress
- 42% say their coworkers need such help
- 25% have felt like screaming or shouting because of job stress
- 14% of respondents had felt like striking a coworker in the past year, but didn't

2000 annual "**Attitudes In The American WorkplaceVI**" Gallup Poll



# Job Stress - Statistics

- Up to 90% of all visits to primary care doctors are related to stress.
- Workplace stress is as bad for the heart as smoking and high cholesterol
- 74% of employees are experiencing a personal energy crisis; they're increasingly exhausted, overwhelmed, and disengaged.



*Life is the toughest school. You never know what class you are in, what exam you will have next and you can't cheat because nobody else has the same question paper.*



*the notebook of life*

# What is *Stress*?

- Different for everyone
  - **Threatened**
  - **Your balance is upset**
  - **Life is ever changing**
- Physical and emotional response to change.
- Not the situation - but how **we** respond to the it.
- **We** have control over how we'll respond to every situation.



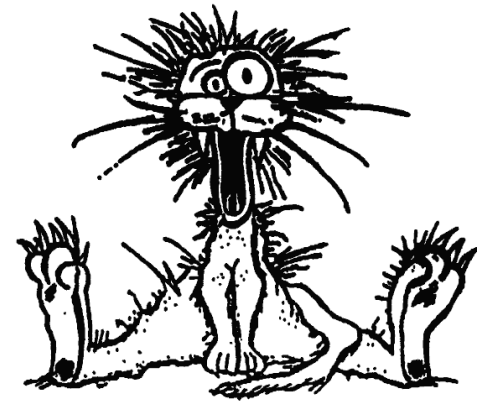


# Two Kinds of *Stress*

## Eustress

- Good Stress
- Rise to challenges
- Keeps you on your toes
- Sharpens concentration
- Helps you perform under pressure
- Motivates you to do your best

## Distress



### "STRESS"

THE CONFUSION CREATED WHEN  
ONE'S MIND OVERRIDES THE  
BODY'S BASIC DESIRE TO CHOKE  
THE LIVING DAYLIGHTS OUT OF  
SOMEBODY WHO DESPERATELY  
NEEDS IT !

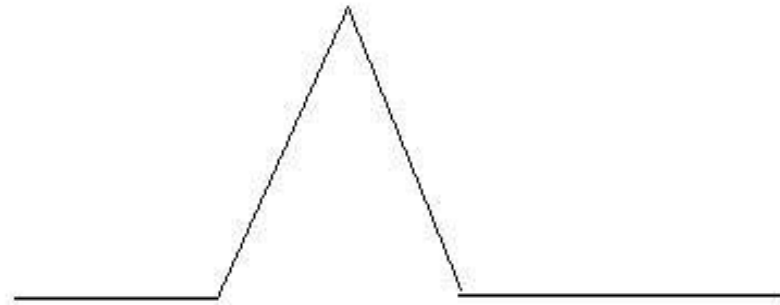
# Body's Response to *Stress*

- Blood pressure rises
- Heart rate increases
- Breathing is shallow & rapid
- Muscles become tense and ready for action
- Sugars in bloodstream
- Cortisol released
- Adrenaline kicks in



# Labeling *Stress*

- Acute
  - Intense, but disappears quickly



- Chronic
  - Less intense, but for longer duration



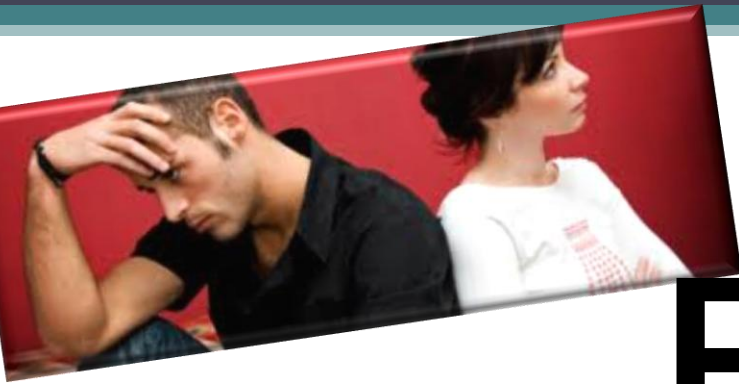
# Too often, Too Intense, Too long

Many health problems are caused or exacerbated by *Stress*



- Heart disease
- Digestive problems
- Sleep problems
- Depression/ Anxiety
- Obesity
- Suppressed immune system
- Skin conditions, such as eczema
- Poor concentration and performance
- Memory problems





# People

**We are forced to deal with imperfect people every day and we are not well trained to do so.**







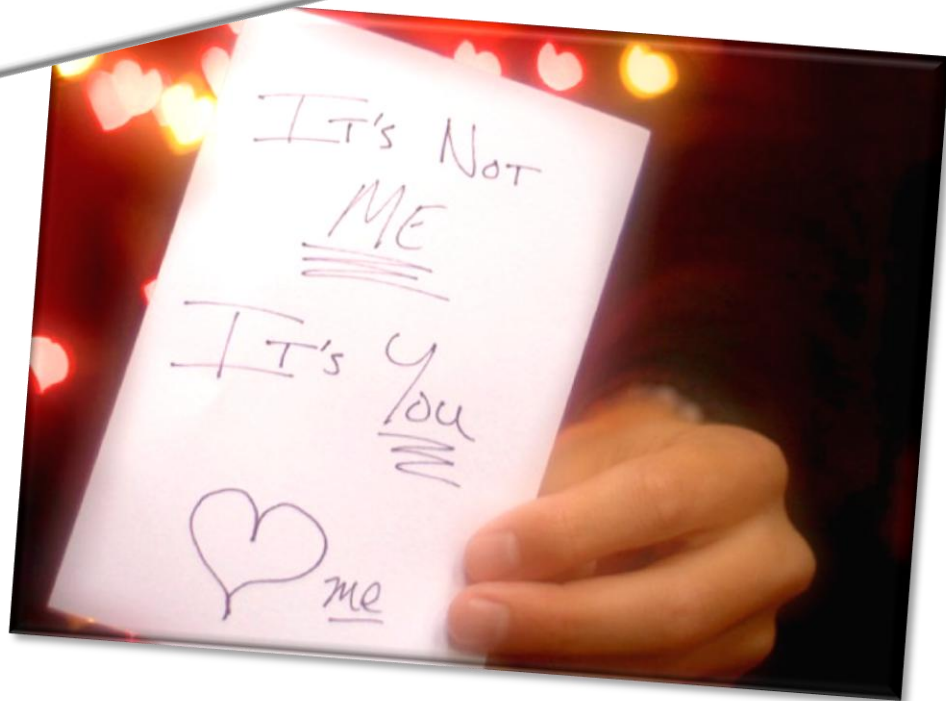


AN HOUR LATER



INSUBTIL.COM

dear stress,  
let's break up.







# Balance and Well Being

- Career Well Being
- Physical Well Being
- Emotional Well Being
- Social Well Being
- Spiritual Well Being
- Financial Well Being
- Community Well Being





# Career Well Being

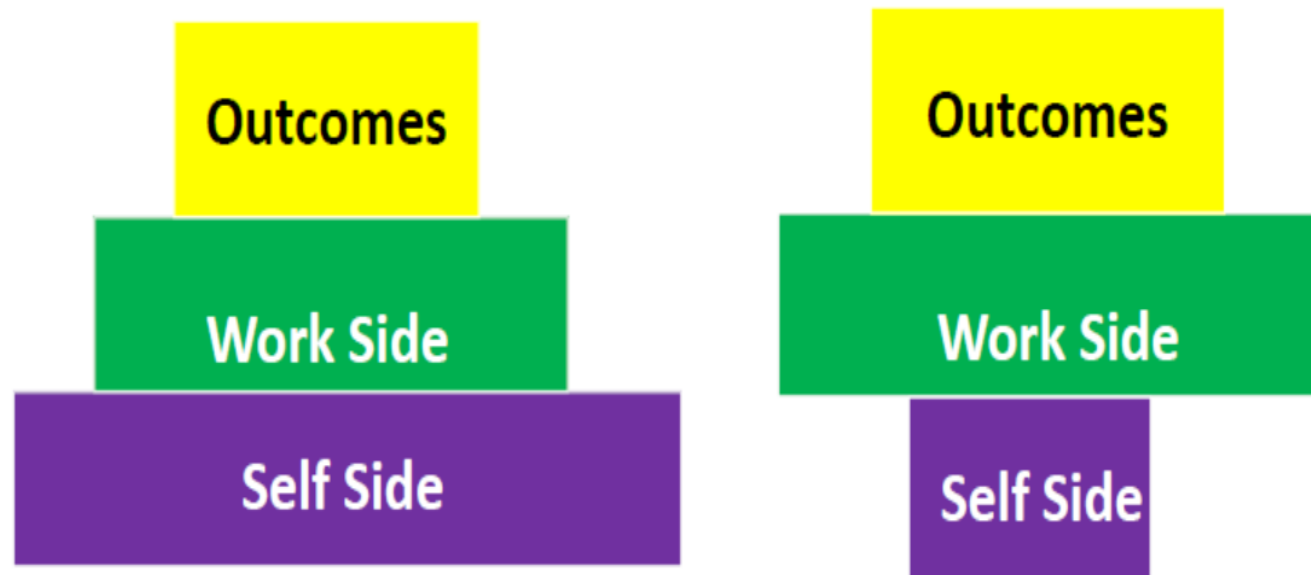
*The level of happiness and fulfillment you gain through your work.*

- Feel connected with others in the workplace
- Opportunities to learn and be challenged
- Opportunities to grow within the company
- Recognition and acknowledgement from managers and colleagues
- Climate that fosters innovation, creativity, meaningful work
- Tools and resources to work safely and productively





# Relationship of Work and Self



# Physical Well Being

*The ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress*

- Exercise
- Eat well
- Maintain a healthy weight
- Sleep 8 hrs/night
- Cut caffeine
- Don't smoke
- Quiet time/meditation
- Laugh



*A healthy body is less likely to react to stress.*

# Self ≠ Selfish



*Taking good care of YOU,  
means the people in your life  
will receive the best of you,  
rather than what's left of you.*



*~ Carl Bryan, Tennis Coach*

# Emotional Well Being

*The psychological and emotional outlook people hold concerning their lives.*

- Your ability to understand and deal with your feelings
- Ability to monitoring your reactions and identify obstacles to emotional stability
- Acknowledge the stress sometimes felt and a willingness to talk to others about it.
- Finding solutions to emotional problems, with professional help if necessary
- Attending to your own thoughts and feelings
- Optimism and enthusiasm about life





# Loretta's Ideas

1. Make a joy list – Something relatively easy and pleasant to do.
2. Give the gift of joy.
3. Experience the joy of everyday life.
4. Move joyfully
5. Think joyfully



# *Mindfulness*

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MEANS PAYING  
ATTENTION IN A  
PARTICULAR WAY,  
ON PURPOSE, IN THE  
PRESENT MOMENT  
NON-JUDGMENTALLY.

[WWW.VERYBESTQUOTES.COM](http://WWW.VERYBESTQUOTES.COM)

JON KABAT-ZINN

# Where Do You Fit?

## Mind Full

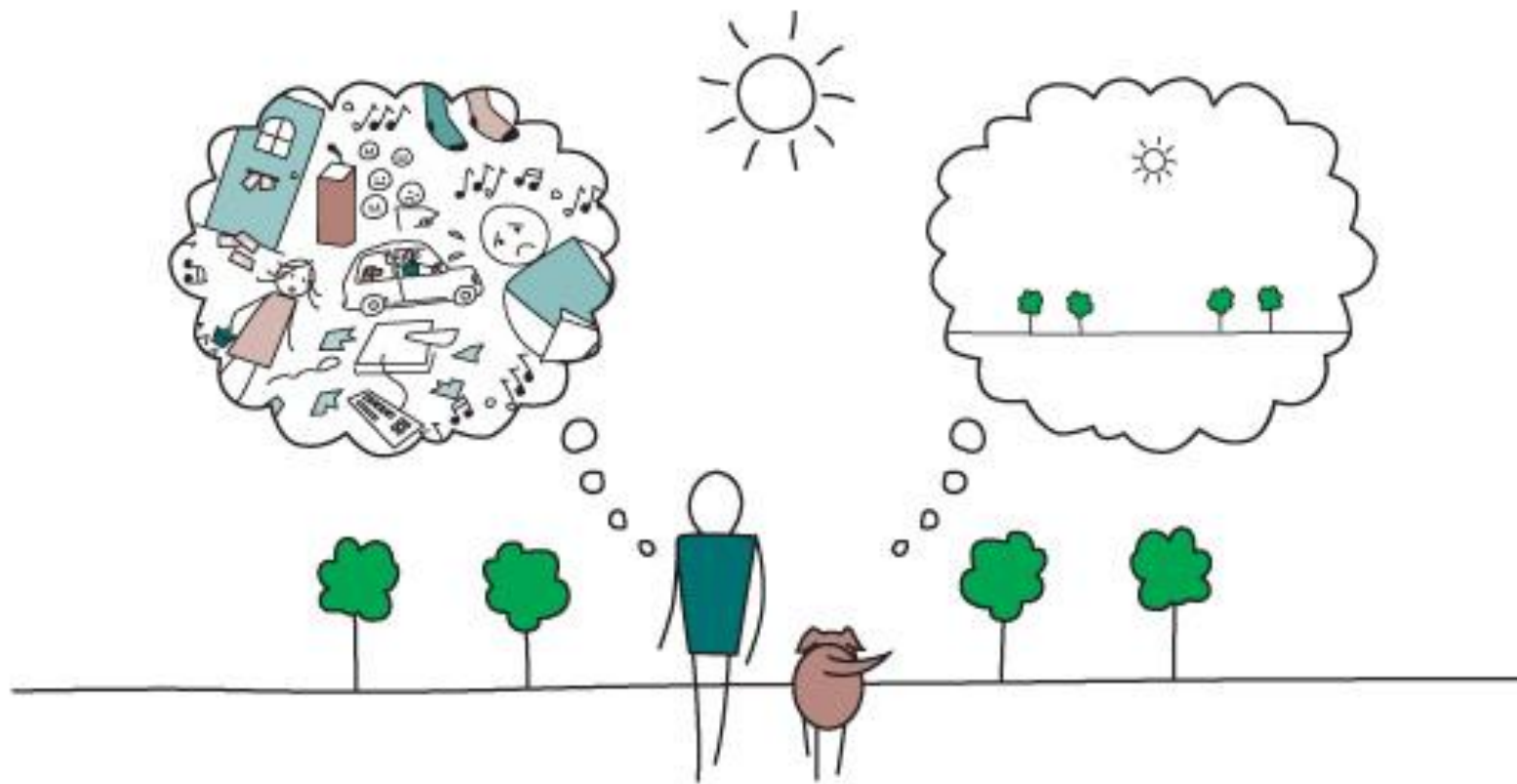
- **Worry thoughts**
  - **Rumination**
    - **Anxious**
  - **Multi tasking**
    - **Stress**



## Mindful

- **Present**
- **Focused**
- **Centered**
- **In the moment**
  - **Calm**

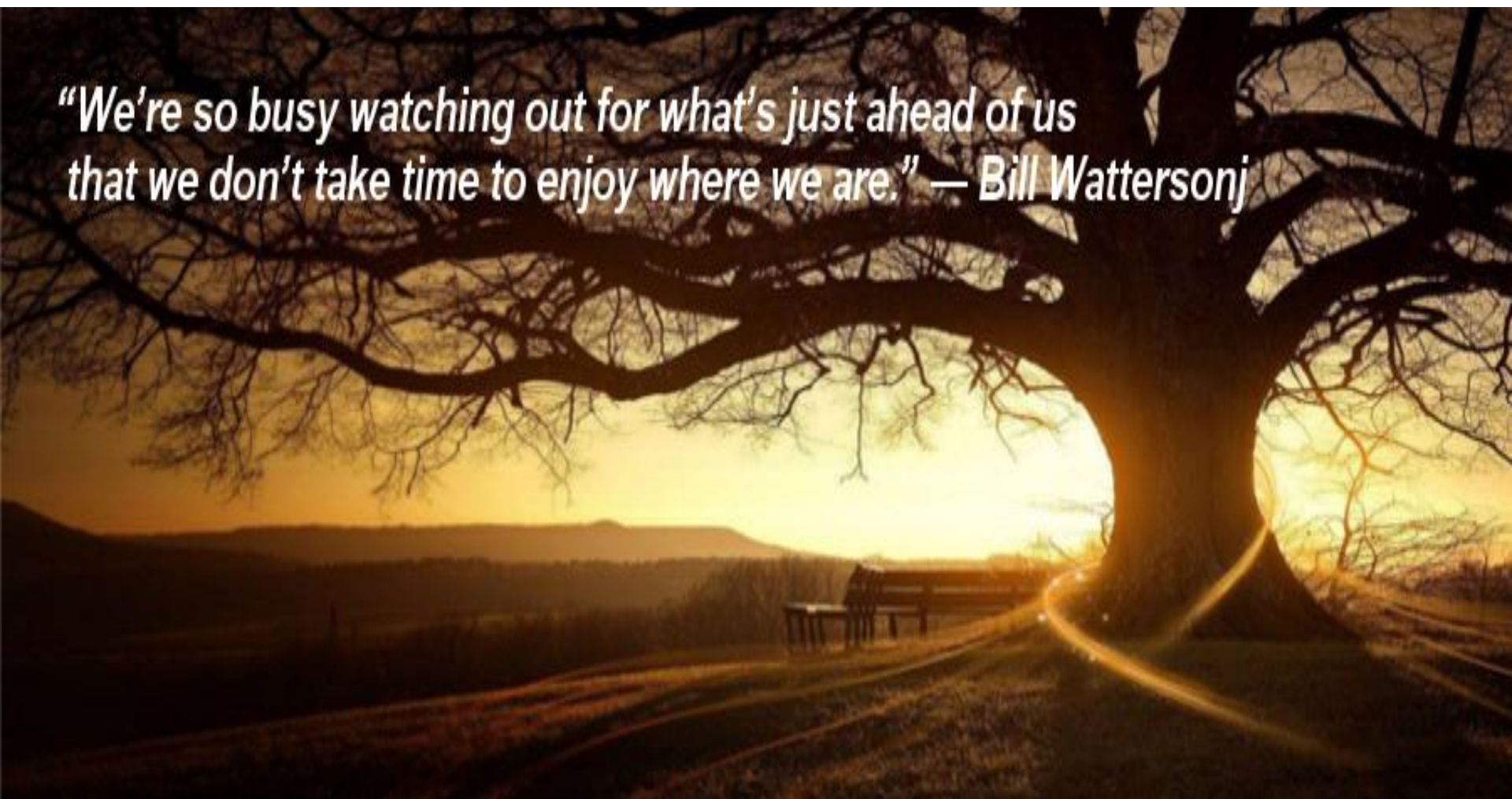




Mind Full, or Mindful?



*“We’re so busy watching out for what’s just ahead of us  
that we don’t take time to enjoy where we are.” — Bill Wattersonj*



**“IF YOU ARE DEPRESSED  
YOU ARE LIVING IN THE  
PAST.**

**IF YOU ARE ANXIOUS  
YOU ARE LIVING IN THE  
FUTURE.**

**IF YOU ARE AT PEACE  
YOU ARE LIVING IN THE  
PRESENT.”**

~LAO TZU



# Social Well Being

*The ability to relate to and connect with other people in the world. Caring about others. It is having strong relationships and love in your life.*

- Powerful predictor of long-term physical and psychological well being
- The ability to develop and maintain positive and supportive relationships
  - Family
  - Friends
  - Co-workers
    - Organizational citizenship
- Group associations





# BLUE ZONES





# Financial Well Being

*Being comfortable with where your money comes from and being realistic about how it is being spent.*

- The ability to live within your means
- Become financially literate
- Take advantage of company investment benefits and opportunities - 401K
- Develop an emergency fund
- Discount options



# Community Well Being

*The sense of engagement you have with the area in which you live and work. The ability to make a positive impact on our communities. It is giving back to society.*

- Support local community events
- Volunteer - coaching, senior citizen
- Recycle
- Participate in local charitable event
- Community Service project
- Support local business
- Public transportation

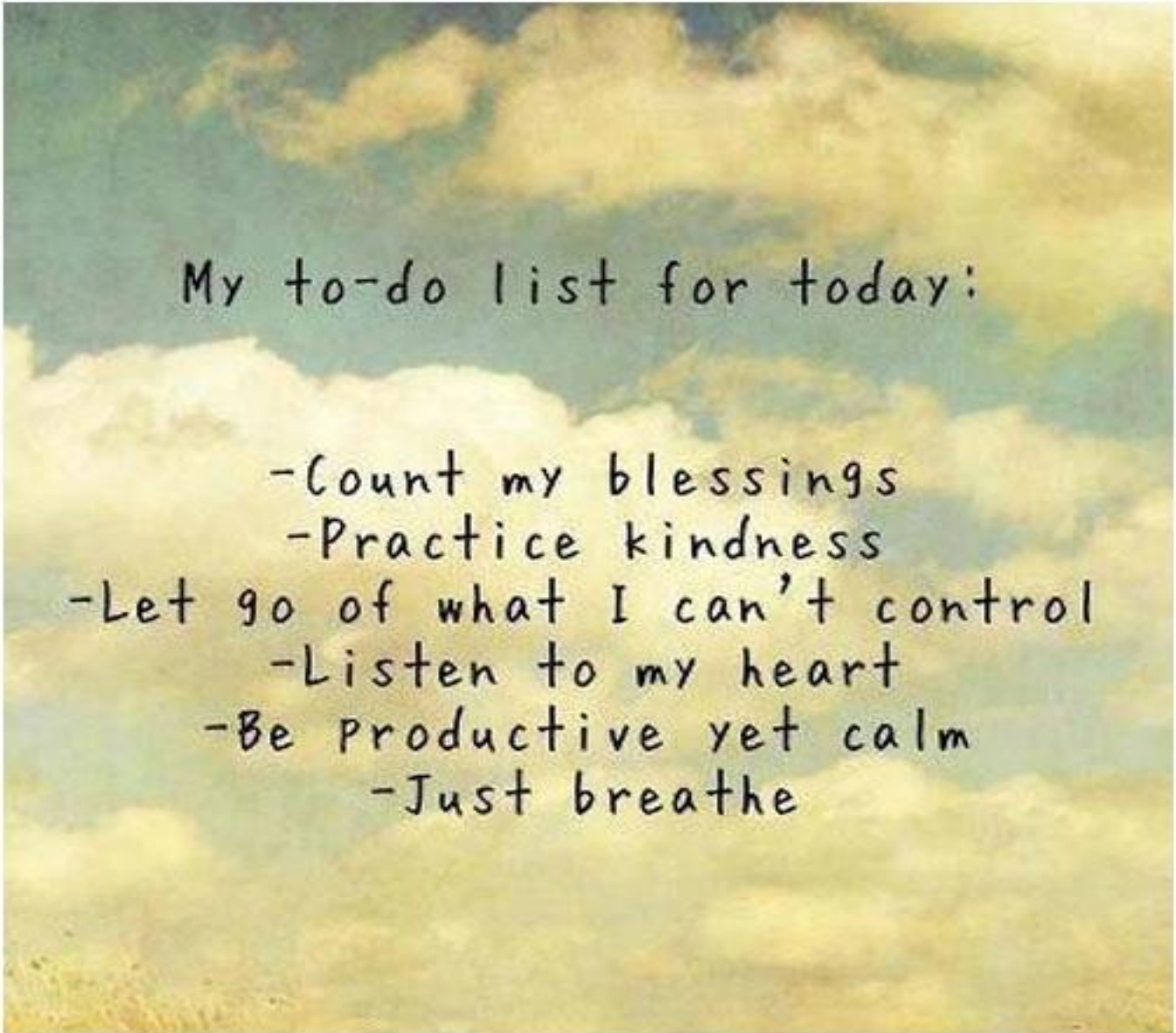


# Spiritual Well Being

*A sense of purpose and meaning in life. A sense of interconnectedness and respect for life.*

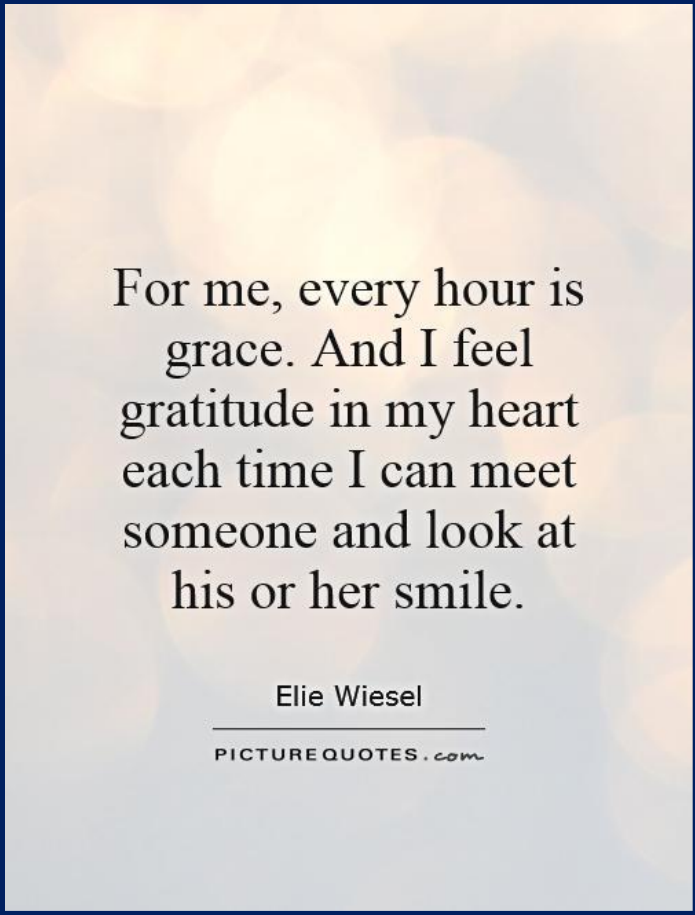
- Find gratitude every day
- Appreciate beauty and goodness and bring it into your life
  - Music, poetry, arts, nature
- Focus on the positive aspects of life
- Meditate
- Mindfulness practice
- Pray





My to-do list for today:

- Count my blessings
- Practice kindness
- Let go of what I can't control
- Listen to my heart
- Be productive yet calm
- Just breathe



For me, every hour is  
grace. And I feel  
gratitude in my heart  
each time I can meet  
someone and look at  
his or her smile.

Elie Wiesel

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[PICTUREQUOTES.com](http://picturequotes.com)



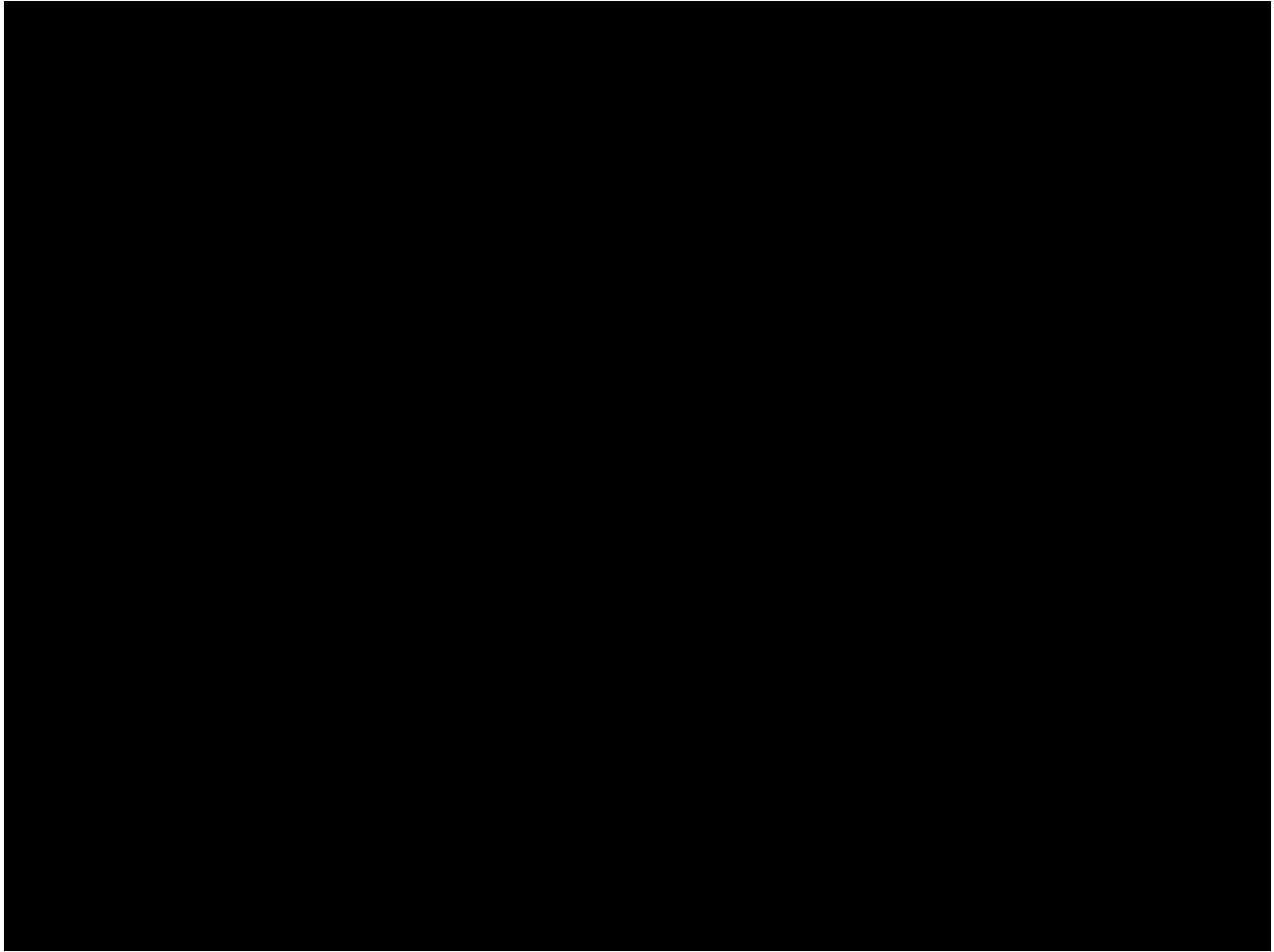
GRATITUDE  
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- Spiritual Well Being











1. ~~Buy~~ <sup>BE</sup> Presents

2. Wrap Gifts Someone in a Hug


3. Send Gifts Peace

4. ~~Shop~~ <sup>Donate</sup> for Food

5. Make Cookies LOVE

6. ~~Turn~~ <sup>BE</sup> the lights





“You will never change your life until you change something you do daily. The secret of your success is found in your daily routine.”  
– John C. Maxwell

*If* PLAN 'A'  
DOESN'T WORK



*the alphabet has*  
25 MORE LETTERS...

*Stay cool!*



Be present and mindful

Appreciate your life

Love

Act & think positively

Nurture your relationships

Commit to contentment

Exercise your body and mind

# Thank You!



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