

Your Survival Guide for Creating Balance and Managing Work-Life Stressors

Objectives

Define stress vs. balance

Describe the root causes of imbalance and stress

Name strategies and tools to manage stress and reestablish balance

Stress

Definition:

Stress is the body's reaction to harmful situations whether they're real or perceived.

Flight or flight- chemical reaction to prevent injury.



Stress

Root Cause of Stress

Work issues

Death of loved one or significant other

Getting married/divorced

Financial issues

Moving

Chronic illness/emotional problems

Family/child issues

Trauma

Balance

"Finding balance is a lifetime project. It is ongoing. It is not a finite goal at the end of which you will have a peaceful, calm and meaningful life. Balance is a way of living. It is a process."

Diane Barth L.C.S.W



Other Contributing Factors



Stress Symptoms

Emotional

- Easily agitated
- Feeling overwhelmed
- Difficulty relaxing
- Avoiding others
- Feeling
- Lonely
- Worthless
- depressed

Physical

- Low energy
- Headaches
- Gastrointestinal issues
- Aches and pains
- Tense muscles
- Pounding heart
- Insomnia
- Frequently ill
- Low libido
- Dry mouth

Cognitive

- Constant worry
- Racing thoughts
- Forgetfulness
- Problems focusing
- Poor judgement
- Being pessimistic

Behavioral

- Changes in eating habits
- Procrastination
- Nail biting
- Fidgeting
- Pacing
- Substance misuse
- Drugs
- Alcohol
- Cigarettes

Sleep Hygiene



Power down

Nix naps

Seal your mattress

Save your bed for sleep and sex

Control your environment

Set your body clock

Look for hidden caffeine/eat right

Work out wisely

Control noise

Beds are for people

Use caution with sleeping pills

Time Management



Time Management is a myth

Research where you are wasting time

Create time management goals

Implementation

Use time management tools

Prioritization/set time limits

Delegation

Establish routines

Self-Compassion

Self kindness vs. Judgment

Common humanity vs. Isolation

Mindfulness vs. Over
identification/rumination



Benefits of Self-Compassion

Increased motivation

Less fear of failure

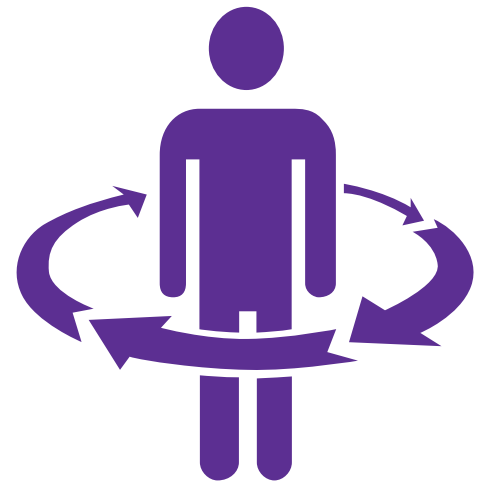
Personal accountability

Better coping and resilience

Greater compassion and empathy

Less social comparison

Healthy behaviors



Negative Aspects of no Self-Compassion

Anxiety

Depression

Self-criticism

Rumination

Perfectionism

Less energy

Disordered eating



Self-Compassion Activity

Self-Compassion Break by Dr. Kristen Neff

Say a mindful statement

Say a common humanity statement

Say a self-kindness statement



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