Make Life Easier: Create More Peace and Balance at Work and Home

MAUREEN Prinster, RD, NBC-HWC
Objectives

Define what peace and balance means to you.
Discuss mindsets and how to set practical expectations.
Discuss work-life flow and evaluate your wellbeing.
Identify strategies to help create peace and balance.
Define what peace and balance mean

• What does peace and balance mean to you?

• A positive state of mind characterized by equanimity, confidence, harmony, and contentment.
Mindset and having practical expectations

How to improve your wellbeing to thriving:
Reframe your mindset
Evaluate your expectations
Build resiliency
Evaluate your wellbeing

Are you suffering, struggling, or thriving

Emotional
Career
Social
Financial
Physical Community
Emotional

Practical expectations
Practice mindfulness
Acceptance
Boundaries
Use resources/get support
Career

Know your strengths
Clarify expectations
Know where you want to develop
Mentor/support
Set boundaries
Social

Have connections/friendships at work
  Friendships improve efficiency, higher productivity
  Can have transparent conversations
  Post pandemic workplace

Your habits are often similar to those around you
Connect with others every day
Financial

Follow a budget
Use automated systems
Find a mentor
Use resources such as apps and experts
Physical

Evaluate your sleep
Move more
Make your environment healthy
Support/accountability
Breathing
Community

Well-"doing"

Volunteer and influence

Participate in corporate community opportunities

Join an advocacy group you believe in
Strategies for peace and balance

- Grocery store pick up or delivery
- Pause before you answer a confusing email from a coworker
- Do 5 minutes meditation before you start your day
- Invite a co worker on a walk
- Set up an expectations meeting with your boss
- Limit phone/internet use
- Use resiliency affirmations-”This too shall pass”
- Unsubscribe from marketing emails/catalogs
- Change/reframe your mindset
Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!