

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

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# 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

# Your Program

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**24 hours a day/7 days a week**

**Thank you!**

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