

It's Not Your Father's Workforce —

Finding Balance with Work and Life after Graduation



Video

Chris Bliss

<http://www.youtube.com/watch?v=H8f8drk5Urw>

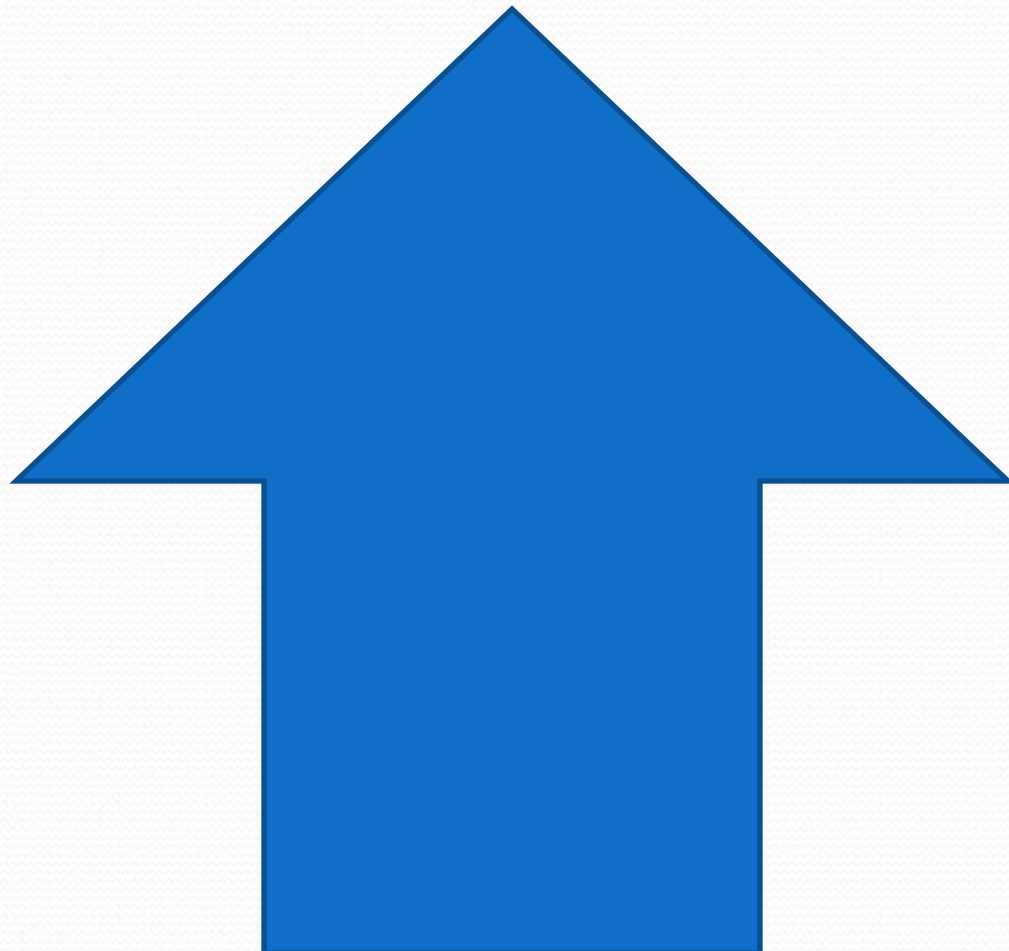
Which comes first work or life?

- *Work life balance is a broad concept including proper prioritizing between “work” (career and ambition) on one hand and “life” (pleasure, leisure, family and spiritual development) on the other.*





What's Up?





It's Not Your Father's Workforce

- The rise of the dual career family
- Aging workforce, elder care giving
- Sandwich Generation
- Economy Driven Retirement
- Millennial Generation
- Doing more with less
- Unplugging from work - technology



What does career mean to you?

- Define the meaning of the word “career”
- What role does your career play in your life?
- What role should your career play in your life?
- What role do you want your career to play in your life?
- How does this fit in with your personal or home life?

Could this be you?

"They don't have many friends. They don't take care of themselves. They don't have any hobbies outside of the office. A hard worker will be at his desk, thinking about the ski slopes. A workaholic will be on the ski slopes thinking about his desk."

Bryan E. Robinson, *Chained to the Desk: A Guidebook for Workaholics, Their Partners and Children, and the Clinicians Who Treat Them.*



How to Achieve a Healthy Work Life Balance

- Figure Out What Really Matters to You in Life
- Drop Unnecessary Activities
- Protect Your Private Time
- Accept Help to Balance Your Life
- Plan Fun and Relaxation



Laura Berman Fortgang, author of *NOW WHAT? 90 Days to a New Life Direction*

Mind Body Connection

“To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear.”
~Buddha



Creating a Culture of Wellness in the Workplace

Wellness: “It’s about taking care of yourself physically and emotionally.”

- Physical
- Social
- Emotional
- Spiritual
- Intellectual
- Environmental



Perceived Stress

Are you a “*control freak*?”

No Control

Control

In Box

Out Box





Forgiving at Work and Home for a Happier & Healthier You

Forgiving ourselves or others does not mean forgetting but it does mean deciding to let go of hurt, anger and resentment in order to experience:

- **healthier relationships**
- **less stress and hostility**
- **lower blood pressure**
- **greater psychological well-being**

The act that hurt or offended you may always remain a part of your life, but forgiveness can lessen its grip on you and help you focus on other, positive parts of your life.



What Does Gratitude Have to Do With Anything?

How in the world can I be in a state of gratitude when everything seems to be going wrong?

Gratitude, thankfulness, or appreciation is a positive emotion or attitude in acknowledgment of a benefit that one has received or will receive. ...

en.wikipedia.org/wiki/Gratitude

- Journal what you're thankful for every day

Develop Resilience

- Energy Management
- Sleep Choices
- Social Support
- Attitude Management
- Life Goal Planning
- Dietary
- Purposeful Activity
- Stress Relief
- Self Care
- Creative Fun



What can you do to achieve balance on a daily basis?

- ❖ Strengthen your relationships
- ❖ Help someone else by volunteering
- ❖ Have lunch or coffee with a co-worker
- ❖ Call or email an old friend
- ❖ Go for a walk with a workout buddy
- ❖ Schedule a weekly dinner date
- ❖ Take a class or join a club
- ❖ Learn how to relax. Consider meditation techniques
- ❖ Invest in your emotional health



To Sum it Up

- Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance."

Brian Tracy

