

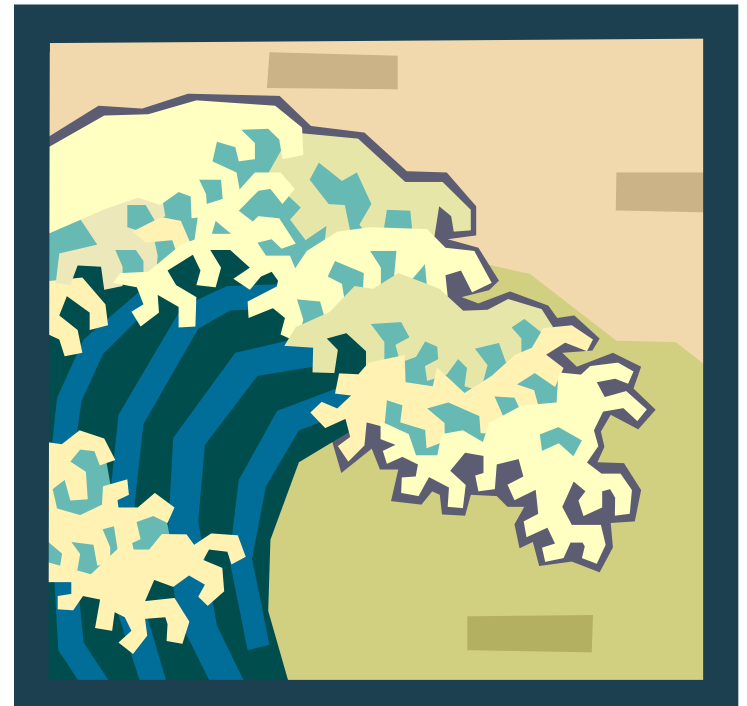
You can't stop the waves but **you can learn to surf!**

A little bit about Work-Life Balance

Michele Guerra, MS ,CHES
Director, UI Wellness Center



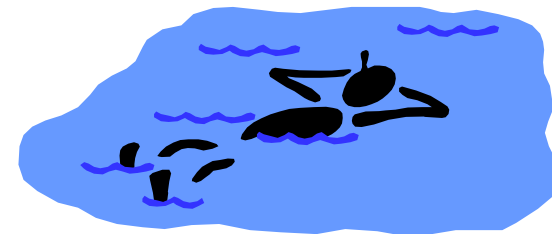
Wellness Center



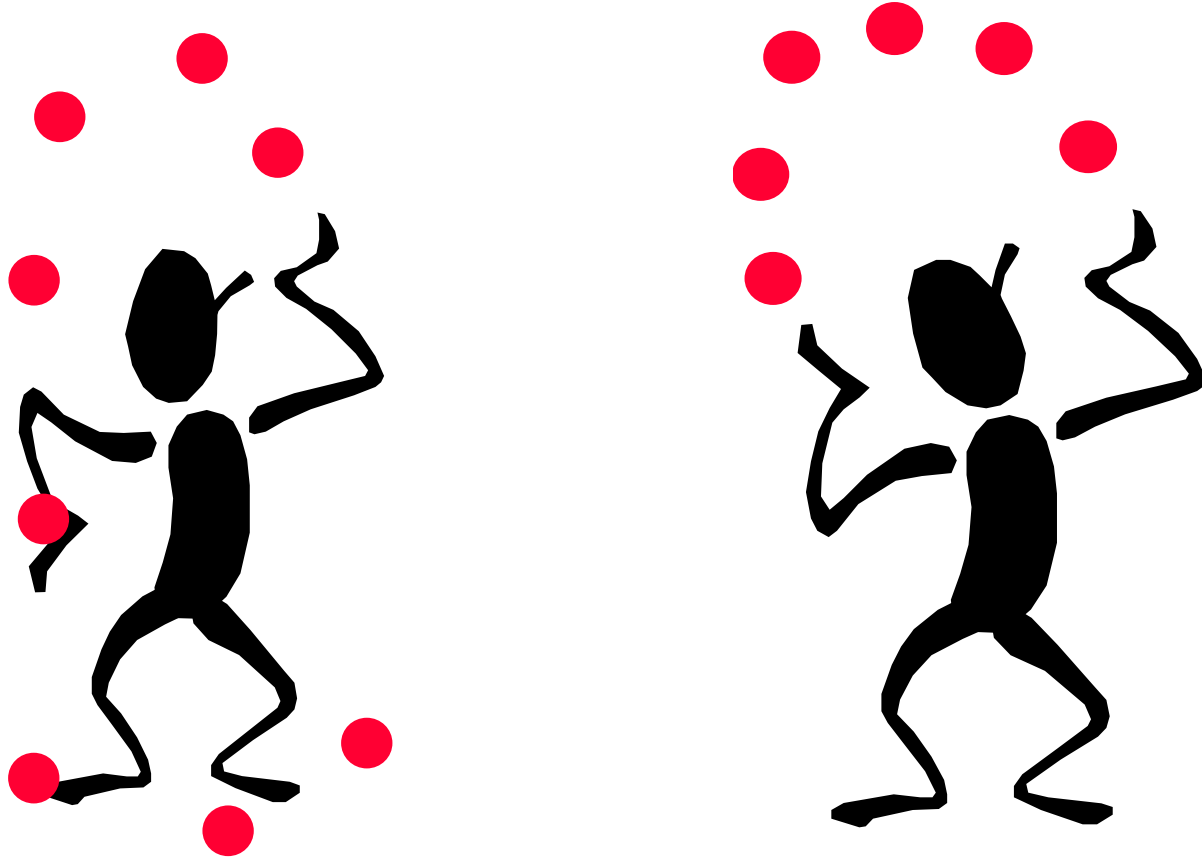
Ice Breaker

What capsizes your boat?

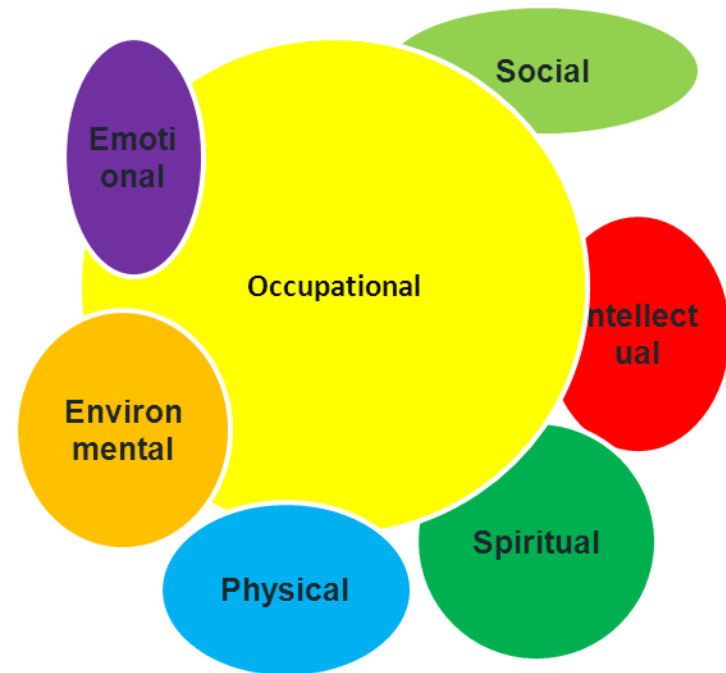
What keeps you afloat?



What is work life balance?



Work-Life Balance is really LIFE balance

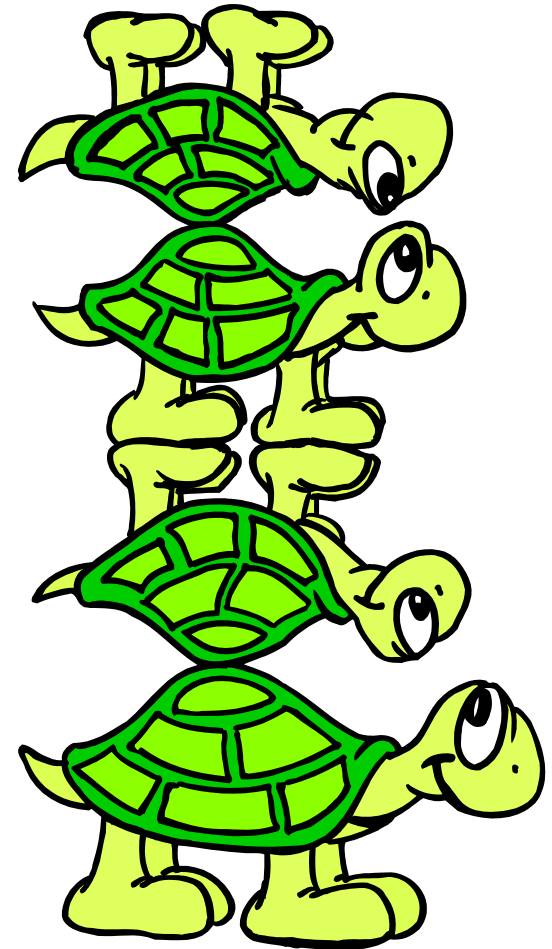


Are YOU getting squeezed out?



Attributes & skills related to Work-Life Balance

- Enhanced self- esteem
- Ability to set limits
- Attention to self-care
- Time management
- Problem solving
- Self-responsibility & empowerment
- Locating and using resources



Twelve tips to improve your balance



Learn to let go

- Expectations
- Self-imposed standards
- Guilt
- More?



Think of time for yourself as restorative

- It's not selfish
- You need to stay healthy and strong to care for others

“When I get up and work out, I'm working out just as much for my girls as I am for me, because I want them to see a mother who loves them dearly, who invests in them, but who also invests in herself. It's just as much about letting them know as young women that it is okay to put yourself a little higher on your priority list. It doesn't make you a selfish person.” – Michelle Obama

Take care of yourself

- Physical health
- Mental health



Schedule downtime

- Family, friends and YOU
- Be proactive



Identify & drop things that sap your time or energy

- Negativity
- Unconscious time wasters



Rethink your tasks & errands

- Are there any that could be dropped?
- Is there a better way to do any of them?
- Could someone else do some of them?



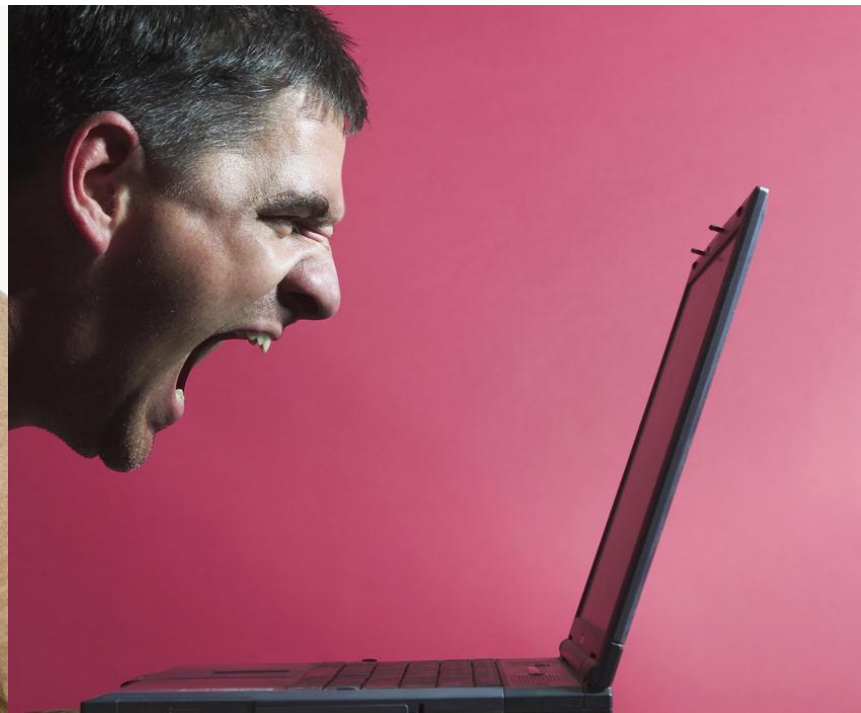
Remember – a little goes a long way

- The goal is balance, not perfection
- Get away from black and white thinking



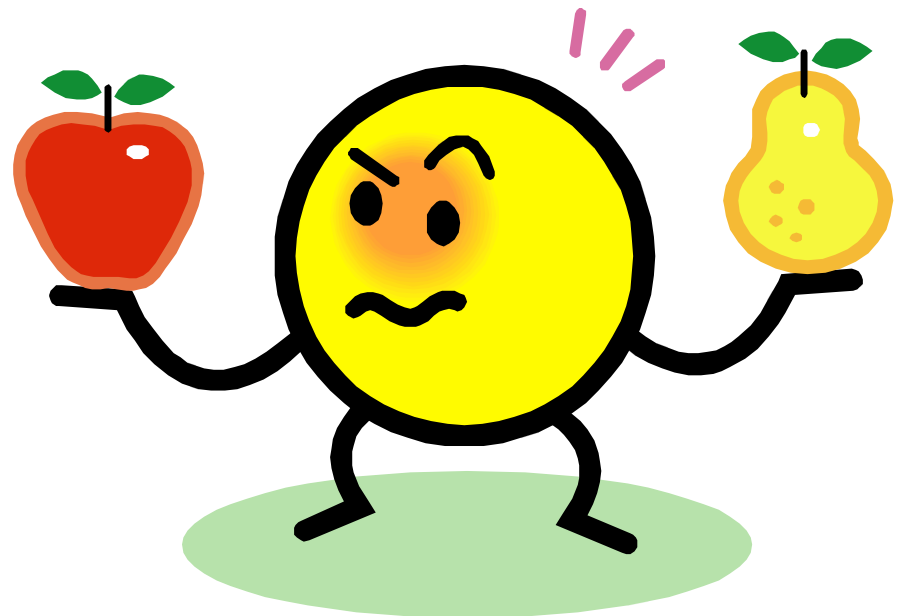
Look at “spillover” from work to home

- Technologies: e-mail, texts, phone
- Mental and emotional baggage



Acknowledge and use your choices

- Focus time & attention on what you control
- You may not always like your choices
- Your choices may change as priorities shift



Learn to set limits

- Acknowledge what you can and cannot do
- Say “no thank you”



Ask for what you need

- Change
- Help
- Reduced load
- Other?



Use your benefits

- Vacation
- Sick leave
- Flex time, job sharing, subsidies, etc.
- Resources
 - FSAP, UI Wellness Center, and others



UI Wellness Center:



*Who we are,
what we do*

Current & Upcoming Programs

- **Faculty Staff Seminar & Wellness Fair**
 - Wed. March 13, 12:15 – 1: 30 pm
 - Illini Union South Lounge
- **Healthy Weigh**
 - Tuesdays, 5:15 pm – 6:15 pm
- **Live Well, Be Well**
 - Chronic disease self-management
 - Thursdays 5: 30 – 7: 30 pm, starting March 28
- **Fitness, PT, AT, Massage & More**
 - Ongoing at Campus Rec facilities across campus
- **Healthy Cooking Classes**
 - Various days
- **Department Programs**
 - Stress mgmt, office energizers & more
- **Online Toolkits**
 - Many wellness topics

Final thoughts



- **Work-Life Balance does not mean an equal balance**
- **Your best Work-Life Balance will vary over time**
 - *Often on a daily basis*
- **There is no perfect one-size-fits-all balance**

Thank you for attending!

<http://www.campusrec.illinois.edu/wellnesscenter/>

Hours: M – F: 8:30 am – 5:00 PM

For more info contact

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University of Illinois
Wellness Center

