



**Managing Stress and Creating
Work-Life Balance**

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Stress

Stress is a normal reaction to the ever- increasing demands of life

Short, infrequent bouts, and at minimal levels, stress can help with motivation by creating the fight or flight moments.

If left unmanaged, and you experience stress often, you may experience negative mental and physical impacts.

- Anxiousness
- Irritability
- Weight gain
- Fatigue
- Muscle soreness
- Brain Fog

Is Stress Bad?

The real problem with stress is when we don't recover from it.
Harmless and normal acute stress turns into harmful chronic stress.

“Expect Change to Accept Change”

Make All Stress, Acute Stress

The key to healthy stress is to recover from it with positive coping mechanisms

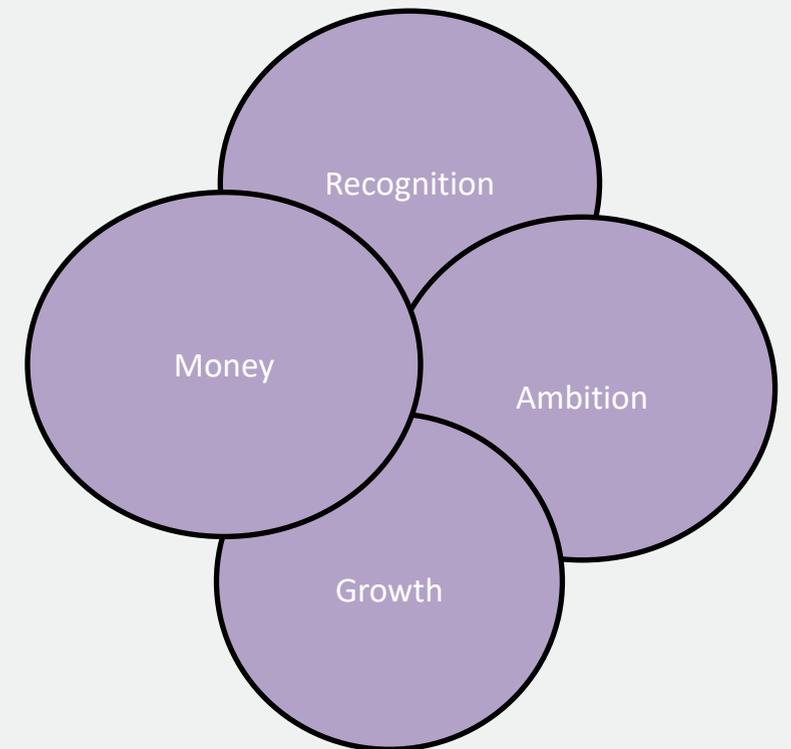
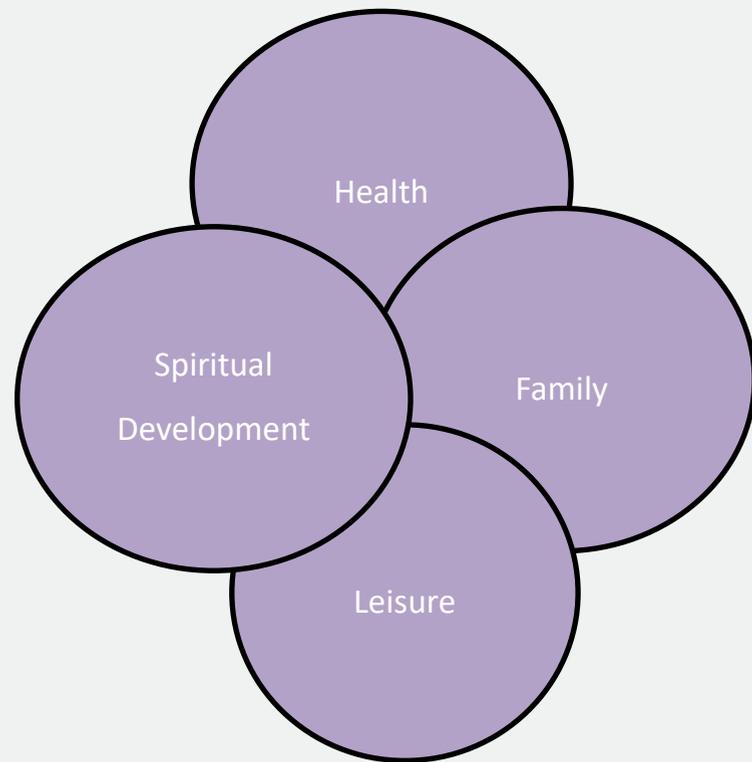
- Change your perception of stress overall
- Effective work-life balance
- Find activity and exercises that help you relax and take your mind off things

Make Stress Your Friend

- **Change your perception of stress, look at it as a healthy response that improves your performance rather than something that is detrimental to you**
- **Studies have shown that not only does this perception reduce stress, it also drastically reduces the individual's recovery time from the stressful situation back down to a normal, stress-free state.**

Work-Life Balance

A broad concept including proper prioritizing between career and life.



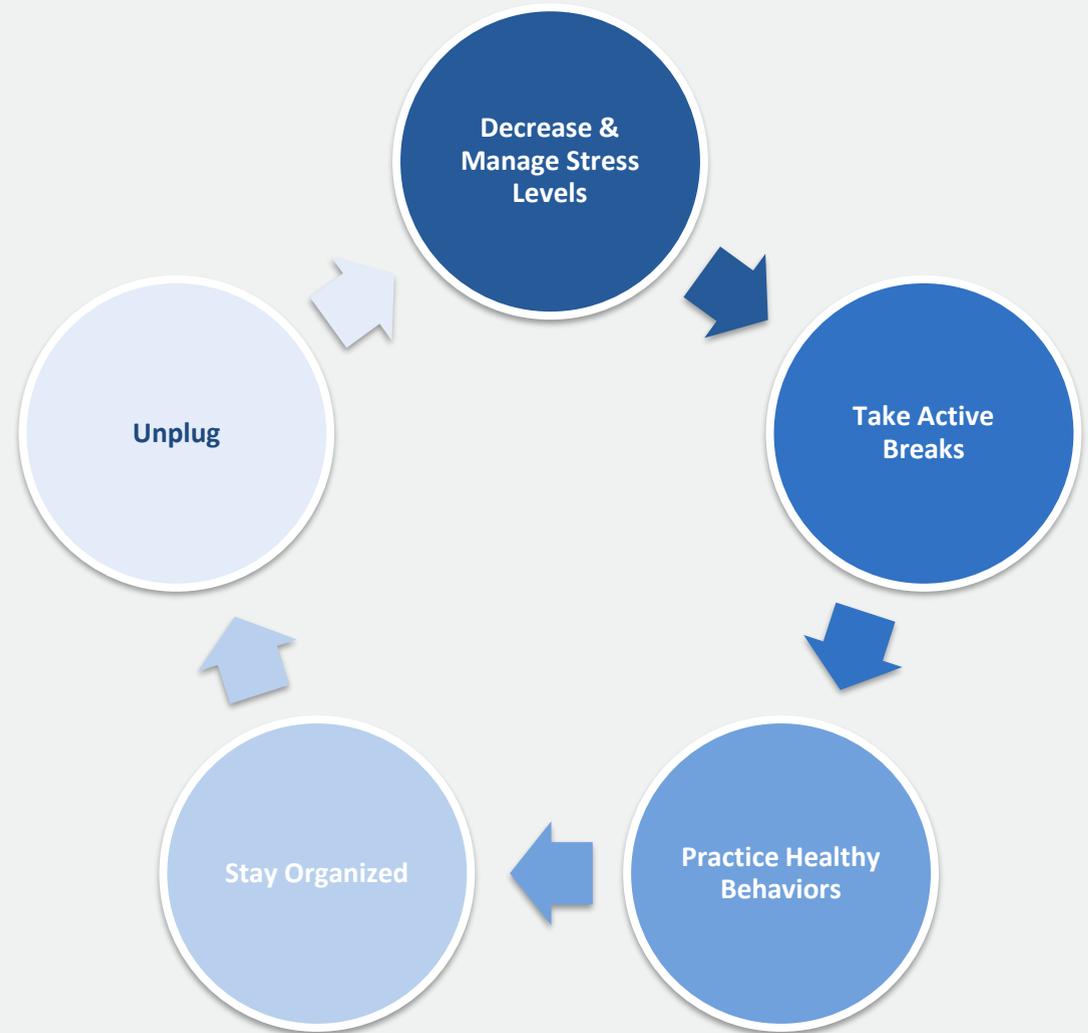
Do you have a healthy balance?

Many Americans are experiencing burnout due to overwork & increased stress.

- **Occurs in all occupations**
- **Rise in absenteeism**
 - Missing work for no reason
- **Presenteeism – lost productivity**
 - Attending work while sick



How to develop a healthy work-life balance



Working From Home

- **Maintain Regular Hours and Set Boundaries**
- **Create a Morning Routine**
- **Schedule Breaks**
- **Leave Home**
- **Socialize with Colleagues and Avoid Isolation**
- **Supervisors, Schedule regular check-ins with staff**
- **Designated Workspace**
- **Stay Healthy**
- **Speak Up If You Are Struggling**

Make Yourself a Priority!

- **Control what you can control – Our response to stress**
- **Think about what you do for fun or to unwind and make that your stress recovery tool**
- **Build up a long list of those activities and write them down in your phone's notes**
 - Different environments can dictate what you are able to do so a long list gives you control and flexibility to your recovery

Self Care for Stress Relief



Stretch between shifts or meetings to keep your body relaxed and your mind clear



Sleep affords us energy and allows us to think more clearly and rationally, it also helps repair any damage done to our bodies



Focused Breathing and Muscle Relaxation can help you unwind and allow your body to restore stress hormones to a normal level

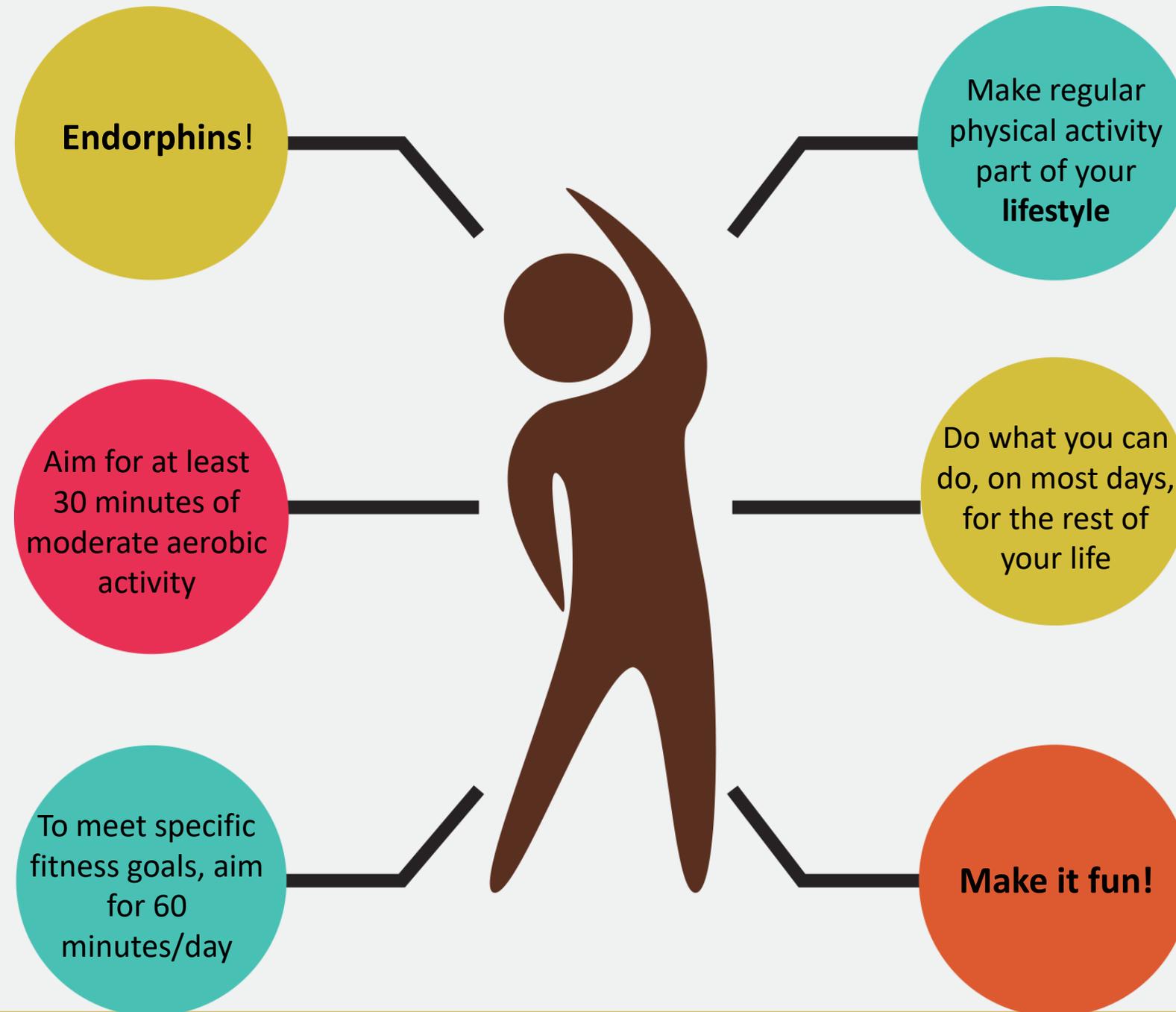


A good **laugh** does everyone good. Laughing can stimulate your mood and boost your immune system. Find a funny movie or tell jokes with your family



Take part in a **hobby** or treat yourself with something you enjoy. Having fun can take your mind off work stress

Exercise for Stress Management



Eat foods that are stress reducing

Protein- lean meats, fish, eggs, low fat dairy, tofu, protein powders

Whole grains- whole grain cereal, brown rice, quinoa, wild rice, whole grain pasta, oats, whole wheat flour for pizza crust

Fruits- eat a colorful variety

Vegetables- eat a colorful variety

Nuts & Seeds- unsalted/lightly salted mixed variety



Avoid foods that are stress inducing

Caffeine

Alcohol

Salt

Refined Sugar

Processed white flour





- Eat a balanced breakfast regularly
- Pack a healthy lunch and snacks containing nuts, vegetables, fruit, yogurt, whole-grain breads and lean meats(turkey, fish or chicken)
- Eat every 3-4 hours throughout the day
- Enjoy your food, and eat slow
- Drink plenty of water to stay hydrated
- Eat without distractions (tv, phone, tablet, desk)

Sounds Easy, Right?!

Most of us know what's good for us, but only **1 in 20** adults engage in the 4 most basic strategies for healthy living:

- ✓ Regular exercise
- ✓ Maintaining a healthy weight
- ✓ At least 5 servings of fruits & vegetables daily
- ✓ Tobacco free



TIP: Don't make a lot of drastic changes all at once. Start by incorporating a few healthy changes and setting some reachable goals.

Don't forget the 'life' in work-life balance



- Create a work-to-home transition plan that allows you leave work behind and become engaged at home
- Set expectations with your spouse/partner/children and let them know how they can help you
- Unplug and relax at home so you can go back to the office with energy, focus and commitment
- Don't be afraid to say 'No' to other responsibilities, ask others for help

Set Priorities

Taking time to carefully establish priorities is an effective way to manage stress and achieve work-life balance!

- If you could focus on one thing in your life, what would it be?
 - This is your top priority
- What would you focus on 2nd, 3rd, 4th, 5th?
 - These are your top five priorities

Asking for Help

- Is it stress or something more serious?
 - Depression
 - PTSD
 - Drug or alcohol abuse
- Peer counseling and support groups
- Professional Help



Just Breathe

Here's a stress management technique to practice right now:

- Close your eyes.
- Take five slow, deep breaths in through your nose and out through your mouth.
- Think about all the advantages of a calmer, more relaxed life.
- Feel good about being here.
- When you open your eyes, how do you feel?



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MAY 5 – 26, 2020

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– Hippocrates



Questions?

Thank You!