

# Wellness Pointers

Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

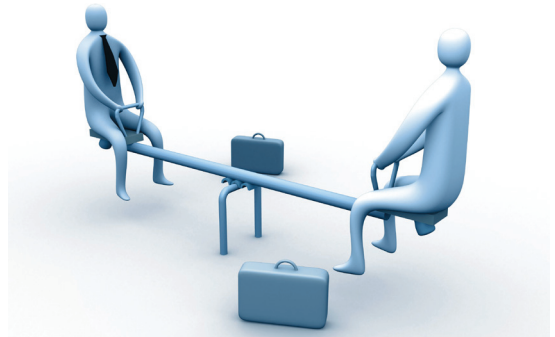
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## Work-Life Balance

“Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.”

~ Francesca Reigler



# 5 Tips for Better Work-Life Balance

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## 1. Figure Out What Really Matters to You in Life

Personal coach Laura Berman Fortgang, author of *NOW WHAT? 90 Days to a New Life Direction*, says getting your priorities clear is the first and most essential step toward achieving a well-balanced life. The important point here is to figure out what you want your priorities to be, not what you think they should be.

“I use an exercise for figuring out what matters most,” Fortgang tells WebMD. She has her clients take a couple days off from work to contemplate the following series of questions:

1. If my life could focus on one thing and one thing only, what would that be?
2. If I could add a second thing, what would that be?
3. A third?
4. A fourth?
5. A fifth?

## 2. Drop Unnecessary Activities

By making a concrete list of what really matters to you, you may discover you're devoting too much time to activities that aren't a priority, and you can adjust your schedule accordingly.

If at all possible, Fortgang recommends drop any commitments and pursuits that don't make your top-five list, because unnecessary activities keep you away from the things that matter to you.

## 3. Protect Your Private Time

You would probably think twice before skipping out on work, a parent-teacher conference, or a doctor's appointment. Your private time deserves the same respect. “Carve out hours that contribute to yourself and your relationship,” says Stevan Hobfoll, PhD, distinguished professor of psychology at Kent State University, and co-author of *Work Won't Love You Back: The Dual Career Couple's Survival Guide*. Guard this personal time fervently and don't let work or other distractions intrude. “Stop checking email and cell phones so often,” Hobfoll advises. “Few people are so important that they need their phones on at all times.” If work consistently interferes with your personal time, Hobfoll recommends discussing some adjustments with your boss. “There's a mythology in the workplace that more hours means more,” he tells

WebMD. Demonstrate that you can deliver the same or better results in fewer hours. Your job performance “should never be judged in terms of hours of input,” Hobfoll says. Protecting your private time often leads to “greater satisfaction in both work life and personal life, greater productivity, and more creativity.”

#### 4. Accept Help to Balance Your Life

Allow yourself to rely on your partner, family members, or friends -- anyone who can watch the kids or run an errand while you focus on other top priorities. “Try tag-teaming,” Hobfoll suggests. “One spouse works out before dinner, one after dinner, while the other watches the kids.”

To get more alone-time with your partner, accept babysitting offers from friends and family, or try arranging a regular trade-off with another couple. “I’ll watch your kids this Sunday if you watch mine next Sunday.” Tag-teaming is a great way to create extra free time,” Hobfoll says.

#### 5. Plan Fun and Relaxation

Fun and relaxation are an essential part of living a well-balanced life. That’s why Brown makes time for weekly guitar lessons, a date night with his wife, and a guys’ night out a couple times a month. In addition, he exercises on a trampoline in his backyard most days of the week.

Until you get into the habit of taking time for yourself, set aside space in your planner for relaxation and fun. Plan what you’re going to do and make any necessary arrangements, such as childcare, to ensure you’ll be able to keep your commitment. “Remember, you make time for what you want to make time for,” Fortgang says. If something is important to you, don’t brush it aside with a dismissive “I don’t have time for that.” You are in charge of your own schedule -- it’s up to you to make time.

Source: <http://www.webmd.com/balance/guide/5-strategies-for-life-balance?page=2>



## Occupational Wellness

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- Definition: the ability to achieve a balance between work and leisure time.” Attitudes about work, school, and career goals greatly affect performance and interactions with others
- This definition basically refers to your ability to handle the stress that you are dealt every day at either work, or school, whatever the case may be. Striving for occupational wellness takes much patience and concentration. To achieve this optimal wellness, you must find a way to get all of your work done, while still having fun. The old saying “All work and no play” is actually correct; its not healthy. We have all had times when we are at work and it is so hard to concentrate, because we have so many things depending on us. The important thing to remember is that we can’t cave in when we feel pressured and let stress get the best of us. By achieving a high level of Occupational Wellness, you will find that you will become much more focused on the task at hand, and you will also enjoy your work more if you aren’t as pressured.

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Don't let your victories go to your head, or your failures go to your heart.

Advice from an Old Tennessee Mountain Man



## Glazed Carrots with Mint and Lemon

### Ingredients:

1/2 lb. baby carrots  
1 Tbsp. unsalted butter  
2 Tbsp. minced fresh mint  
1/2 tsp. sugar  
1 tsp. lemon zest  
1/4 lg. lemon, juiced  
Salt to taste

### Preparation:

1. Steam baby carrots until tender and drain; about 10 minutes.
2. Heat a small skillet over medium-high heat and add butter and sugar. Stir in the lemon zest and fresh mint. Add the carrots and cook until they begin to caramelize. Add the juice of a lemon quarter and a pinch of salt.