Work-Life Balance

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Part One: Recognizing the Imbalance
Googled “how the world will end”…

was not disappointed.
It’s Not Though...
Symptoms of Imbalance

- Sleep disturbance
- Loss of interest
- Guilt-based thoughts
- Uncontrolled worry thoughts
- Difficulty concentrating
- Little or no energy
- Diminished appetite or overeating
- Weight loss or gain
- Psycho-sensory pain and disturbance
- Diminished sex drive
Symptoms, cont.

- Exaggerated restlessness
- Trouble relaxing
- Easily annoyed or irritable
- Feeling on edge
- Muscle tension
- Racing thoughts
Symptoms, cont.

- Panic attacks
- Insomnia
- GI upset
- Chronic fatigue
- Cognitive impairment
- Decreased Immunity
- Increased pain sensitivity
- Impaired nervous system response
- Substance abuse and addiction
When to Get Help

- Symptoms last more than 2-4 weeks consistently
- Thoughts of self-harm, suicide, or violent acts
Factors to Consider

- Range of acuity
- Social history
- Previous health conditions
- Genetics
- Epigenetics
- Development
- Behavioral choices
Stress and Your Brain
Part Two: Building Your Resiliency
Adapted from: Patterson, Goens and Reed (2009)

Positive Thoughts, Feelings and Behaviours

Everyday Resilience

DECLINE
Negative Thoughts, Feelings and Behaviours

Destructive Behaviours

ADVERSITY

GROWTH

RECOVERY

ADAPTATION

SURVIVAL

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More Self Aware
Different Perspective
Purpose/Meaning
More Authentic

Connected and Consistent
Less Avoidant, Curiosity increasing
Increased Empathy
Self-Compassion and Hope

Psychological Responsibility
Consistent with routine
Acceptance and Control
Little more Curious around Choice

Stress Symptoms
Worried/Anxious/Fearful/Upset
Confidence, Curiosity Low
Empathy and Compassion Low

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Areas of Resiliency

- Awareness
- Insight
- Tolerance
- Orientation
- Flexibility
- Boundaries
- Connection
Coming Back Around

You cannot drink from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.
Your individual wellness

**Spiritual**
- Spiritual wellness is a process of understanding beliefs, values, and ethics that help guide your life. Whatever your preferred approach, spending time asking and exploring your spiritual life can be an important part to your overall wellbeing.

**Emotional**
- Maintaining a healthy emotional life is important to overall health. Some ways to stay emotionally healthy are to manage your stress level, stay on top of school work, get eight hours of sleep, ask for help, or see a therapist at the Counseling Center.

**Financial**
- Financial wellness means taking steps to live within your finances means and living in, and planning for, future financial health. You can do this by planning financially, creating a budget, and learning to be a good consumer.

**Intellectual**
- Intellectual wellness means staying curious and engaged in learning new things. Engage in creative activities. Read for pleasure, be aware of social and political issues, or join a club that focuses on enhancing intellectual interests.

**Environmental**
- Environmental wellness means taking care of your global environment and your personal surroundings. De-cluttering your room, recycling your trash or volunteering to clean up your environment can improve health for all.

**Physical**
- Physical wellness involves moving your body (exercise), eating well balanced meals (nutrition), sleeping, managing stress, receiving preventative medical and dental care, and getting sexual health screenings when you become sexually active.

**Social**
- Social wellness involves having a strong social network can give you support and guidance when you are stressed or need stress relief. Additionally, these relationships can aid in the development of healthy relationships.
Nature is Neat
Just Breathe