Stress Management & Work / Life Balance

RARE
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By Jules
What stresses us out?
What is stress?

Internal response to external events

1. Survival Stress (Fight or Flight)
2. Internal Stress
   - Worrying about what we can’t control
3. Environmental Stress
   - Noise, crowding, social pressure
4. Fatigue/Overwork Stress
• Culture of “yes”

• Obligation of availability

What else?
Essentialism (Greg McKeown)

- Redefining measures of success
- Learn to say No!
Resist obligation of availability

• Don’t check email first thing!
  Instead - Daily list of work & personal goals

• Block work time out on schedule

• MICROBREAKS:
  • Pomodoro Method: 25 minutes on, 5 minutes off
  • Ultradian (natural cycle) method: 90 minutes on, 20 minutes off
Work / Life Balance – how do you define it?
(Daily) Balance between Achievement & Enjoyment

- Work, Family, Friends, Self

Balance is flexible and circumstantial

Do your strengths lie in achievement or enjoyment?
More tools

- Motivation App
- Read for fun
- RARE Fam